



Berry, Blueberry

Purchasing Specifications

Availability:

Year round

Growing Regions:

Argentina, Canada, Chile, USA

Receiving Information:

- No bloom: Signs of excessive handling and lack of freshness result in the lack of bloom (silver-white frost) on the berries.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No

- Washing: Berries are often picked and packaged right in the field so it is important to wash them before eating. Never rinse your berries until just prior to use. Any moisture will hasten the breakdown of the berries. Gently rinse berries with cool water just before eating.
- Refrigeration: Keep berries in the refrigerator at all times until you are ready to use them. Berries left out of refrigeration have a substantially shorter shelf life and will break down quickly.
- Mold: Remove moldy berries from your package immediately as mold will quickly spread to the other berries.

- Phytochemical; Ellagic acid
- Usage: Good for eating fresh as a snack and for use in baking, sauces, salads and preserves.
- Color; Purple/black
- Scientific Name: Rubus fruticosus
- Skin Texture: Smooth and glossy
- Taste: Very sweet, bold and rich flavor.
- Blackberries contain ellagic acid, which has been shown to have viral and bacteria fighting properties. These berries can be low-fat, saturated fat-free, sodium-free, cholesterol-free, high in fiber, vitamin C and a good source of folate.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 84	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 1mg	0%
Total Carbohydrates 21g	16%
Dietary Fiber 4g	14%
Sugars 15g	
Protein 1g	2%
Potassium 114mg	2%
Vitamin A 1%	Vitamin C 19%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.