**Blackberry Bliss**

I don’t know about you, but nothing screams summer to me than a fresh fruit salad with a pile of sweet, purple blackberries included! However, good news is you can find them in the grocery stores all year long!

Known as *Rubus fruticosus,* and coming from thorny bushes called brambles, this berry falls into the same family as raspberries and dewberries, making them sweet and succulent.
 The list of health benefits of blackberries is extensive. Not only are they loaded with Vitamin C, but they are an excellent source of fiber! 100 g (3.5oz) of blackberries is 5.3 grams of fiber – good for the heart, brain, and bowels! They are also rich in vitamins A, E, K, and B as well as the eye health antioxidants – lutein and zeaxanthin. Plus many more!

 These sweet and tart berries can be easily stored. They will also last in the freezer for several months after you properly wash them, cut of the hulls, and vacuum seal in a Ziploc bag.

Blackberries make great additions to salads or smoothies. They also make a great topping for yogurt or even blended into a savory sauce for meat or fish recipes. Check out our August Senior Dining to try the blackberry glazed salmon, or you’re invited to come learn and taste more at one of the Beneficial Bites presentations in August – just check out the event calendar on our website or in the August Barron Review. Hope to see you there!

