



Newsletter July, 2016

Food Stamp Nutrition
Education Program

TEXAS A&M
AGRI LIFE
EXTENSION

BETTER LIVING
FOR TEXANS

Texas A&M AgriLife Extension Service, Texas Department of Human Services, and USDA Food & Nutrition Services Cooperating

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Simply Good Food BLACKBERRIES

Blackberries are often termed “Brambles” and are referred to as “marionberries” in Oregon. Native to Asia, Europe, North and South America and naturalized in Australia, they have been used for 2,000 years in Europe for eating and medicinal purposes, and as hedges to keep out intruders. Thornless types have also been developed. Most are grown in the northwest.



BEST SEASON TO BUY: One form of blackberries or another is in season from June through mid-September.

SELECTION: Select berries that are glossy, plump, they deepest color for their variety and with no signs of mushiness or mold. Make sure there is no stain or moisture on the bottom of the box indicating overripe berries have dissolved. Inspect for mold because one small spot can make every berry in the box taste moldy.

USE: Picked firm, any berry related to the wild Pacific blackberry are tart and good for canning and pies. Picked fully ripe, they are soft, fragrant and sweet, and best eaten raw. They do not last more than a day unrefrigerated and a few days refrigerated.



PREPARATION: Spread fresh berries on a towel or layers of paper towels and remove any imperfect berries. Eat crushed berries soon. Refrigerate the rest, unwashed, layered between paper towels. Just before serving, place the berries in a colander, dip into a quantity of cold water, and gently pat dry on cloth or paper towels.

NUTRITION: Blackberries are low in fat with no saturated fat, sodium or cholesterol. They are high in fiber, Vitamin C and a good source of folate. Blackberries also contain phytochemicals including quercetin, Kaempferol, ellagic acid, lignons, catechins, and tannins, thought to reduce the incidence of cancer. A 1 cup serving has: 60 calories(40 calories from fat); 1 gram fat; 12 grams carbohydrate (6 g. fiber, 11 g. sugar); 1 g. protein and 50% USRDA Vitamin C.

FOLKLORE, MEDICINAL AND NON-FOODS USES



European blackberry juice was used to treat infection of the mouth and eyes until the 16th century.

R. odoratus (Thimbleberry) – being studied for tannins as anticancer drugs. The roots and stems are peeled and boiled, and the liquid drunk to arrest vomiting (blackberry also).

R. spectabilis (Salmonberry) – Powdered bark used in the Northwest for toothache relief.

R macropetalus – Tea made from leaves in Western Washington to aid digestion.

Black and raspberry root – Decoctions used to remedy dysentery.

RECIPIE

BLACKBERRY COBLER

1 quart blackberries
½ cup water
1 ½ to 2 cups sugar (divided)
1 tsp. lemon juice
¼ cup butter or margarine
1 cup flour
2 tsp. baking powder
1 dash salt
1 cup milk
½ tsp. cinnamon

Preheat oven to 350 degrees F. In a large saucepan combine berries, water and ½ to 1 cup sugar, depending upon desired sweetness. Cook until mixture is hot and sugar is dissolved. Remove from heat and add lemon juice

Melt butter in a 2 quart baking pan. Combine 1 cup sugar, flour, baking powder, and salt in a medium mixing bowl. Stir in the milk. Add cinnamon. Pour batter over melted butter in the pan, do not stir. Spoon berries over the batter, but do not stir; batter will rise to the top to form a crust.

Bake for 40 to 45 minutes. Serve with whipped cream or ice cream. Serves 6.



BLACKBERRY YOGURT MUFFINS

1 cup blackberries
1 Tbsp. sugar
1 large egg
1 cup plain yogurt
3 Tbsp. butter, melted
2 ½ cups biscuit baking mix
1 tsp chopped lemon zest

Preheat oven to 400 degrees F. Sprinkle berries with sugar, toss lightly to coat; set aside. In a large bowl, beat egg; add yogurt and melted butter; beat until smooth; add baking mix; stir until just blended; fold in berries and lemon zest. Spoon mixture into greased or sprayed muffin cups, 3 inch in diameter and 1 ½ inch deep.

Bake for 20-25 minutes, or until a toothpick inserted in the center comes out clean. Cook for 5 minutes in cups; finishing cooling on rack. Makes 12 muffins.

Source: *The Victory Garden Cookbook, Joy of Cooking; Supporting State Extension Goal: Health, Safety and Well Being; prepared by: E. Kay Davis, M.S., L.D., C.F.C.S., Lubbock County; Meal-Masters Recipes Index at www.garwich.com/recipes-fpa/bla2f102.htm; Joy of Cooking, 5 A Day Commodity Links; www.uga.edu/fruit/rubus.htm; and modified by Sherri Halsell, County Extension Agent, FCS, Clay County.*

If you would like to contact me please do so at my office at 210 W. Ikard, Suite B, Henrietta (next to the post office) or call 940/538-5042, 538-5052, or email swhalsell@ag.tamu.edu.

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USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. To find out more, contact the Clay County Office of Texas A&M AgriLife Extension Service at 940/538-5042 or 538-5052.