



LOCALLY GROWN

LOCALLY GROWN BLACKBERRIES



The sweet-tart flavor and earthy quality of blackberries allows them to be used in both sweet and savory applications.

The moderately high acidity of blackberries cuts through the rich flavors of creamy and aged cheeses, or rich fatty meats.

Blackberries can be added to ice creams, jams, and baked goods. Blackberries also pair well with nuts, aged balsamic vinegar, salad greens, figs, and leafy herbs.

NUTRITIONAL VALUE

Blackberries are a good source of vitamins A and C, iron, calcium and dietary fiber.

Blackberries get their dark purple pigmentation from the phytonutrient anthocyanin, which also has antioxidant properties.



**Indianapolis
Fruit** Distributors of Fruits
Vegetables & Floral

Produce a Fresh Experience Together!