



The University of Georgia

College of Agricultural and Environmental Sciences
Cooperative Extension

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PRESS RELEASE

FOR IMMEDIATE RELEASE

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Blackberries are low fat, low calorie, high fiber – and versatile, too! Pick your own at Bamboo Farm & Coastal Gardens in June and July

Savannah, GA Friday, May 8, 2009 – Lisa Jordan, University of Georgia Family and Consumer Sciences Extension agent reminds us that blackberries are good and good for us. She says they are “low in fat, low in calories and high in dietary fiber.” Blackberries contain 21 mg of Vitamin C in 100 grams of fruit. They are a particularly good source of vitamin A, potassium and calcium, and rank high among fruit for their antioxidant properties. And they are versatile, too. Jordan says “Reach for blackberries for a snack, to put in smoothies, or for a quick desert. And they’re great in salads.”

Folk who are looking for locally grown fruit can pick their own blackberries at the Bamboo Farm & Coastal Gardens beginning in early June. Picking hours are from 9 am until 4 pm Monday through Saturday. Call ahead to make sure the field is open and that there is plenty of fruit to pick. Pickers will be given a plastic bucket with a plastic bag liner for picking. Pay for what you pick at \$3.00 per pound.

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Grandma's Blackberry Freezer Jam *. . . No slaving over a hot stove required!*

Ingredients:

- 3-1/4 Cups prepared fruit - about 2 quarts fully ripe fresh blackberries
- 1/4 cup Fresh lemon juice
- 1 box Pectin
- 1 cup Light corn syrup
- 4-1/2 Cups granulated sugar

- 7 Clean 1-cup plastic containers with tight-fitting lids, or small jelly jars with lids

Directions:

1. Crush blackberries thoroughly, one layer at a time.
2. Press pulp through a sieve to remove seeds, if desired.
3. Measure exactly 3-1/4 cups prepared fruit into large bowl. Stir in lemon juice. Stir pectin into prepared fruit in bowl. Let stand 30 minutes, stirring every 5 minutes.
4. After standing 30 minutes, stir in corn syrup. Gradually add sugar, stirring until well blended. Stir an additional 3 minutes or until sugar is completely dissolved and no longer grainy.
5. Fill all containers immediately to within 1/2 inch of tops. Wipe off top edges of containers; immediately cover with lids. Let stand at room temperature 24 hours. Jam is now ready to use.
6. Store in refrigerator up to 3 weeks or in the freezer extra up to 1 year. Thaw in refrigerator before using.
7. Make 7 one-cup containers.

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