

# Blackberries

Blackberries are native to North and South America and Europe for over 2,000 years. A Blackberry plant contains thorns called a “Cane”. The “Triple Crown Blackberry” is a thorn-less plant. Blackberries are red while they are immature and growing and they turn black and shiny as they ripen. The dark blue color ensures Blackberries have one of the highest antioxidant levels of all fruits. Antioxidants, well-known for lowering the risk of a number of cancers, are a huge bonus, but be aware the berries are best consumed in their natural state to get the full benefits.



**Color these  
Berries!**

