

Oregon Evergreen Blackberry

OREGON
RASPBERRY
AND
BLACKBERRY
COMMISSION



Evergreen Blackberry

- ◆ Fresh season typically August 10th through September 15th
- ◆ Medium-sized (4.0g) deep blue-black colored berry with a small seed.
- ◆ Native wild blackberry of England often considered the traditional blackberry.
- ◆ Thornless

Health Benefits

- ◆ High in Vitamin C and fiber that have been shown to help reduce the risks of certain cancers.
- ◆ Contains high levels of anthocyanins (83-326 mg/ 100g) Anthocyanins work as antioxidants to help fight free radical damage in the body and give berries their deep, dark color.
- ◆ Antioxidant level of foods can be measured as ORAC (Oxygen Radical Absorption Capacity). The ORAC value of Evergreen blackberries is 28 μ moles/TE/g, slightly higher than blueberries.
- ◆ Contains ellagic acid, a phenolic compound known as a potent anti-carcinogen, anti-viral and anti-bacterial. The ellagic acid levels of Evergreen blackberries is 3.69 mg/g of dry weight.

Nutritional Information

*Amount in 100g IQF
Evergreen Blackberries*

Calories	45.67
Total fat	0.63 g
Protein	1.54 g
Dietary Fiber	5.62 g
Vitamin A	379.00IU
Vitamin C	2.33mg
Calcium	19.00mg
Cholesterol	0.00



Recipe

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Blackberry After School Bars

Serves 18

2 cups fresh or frozen blackberries or raspberries
2 tablespoons sugar
2 tablespoons water
1 tablespoon lemon juice
½ teaspoon ground cinnamon
1 cup all purpose flour
1 cup quick cooking rolled oats
2/3 cup packed brown sugar
¼ teaspoon ground cinnamon
1/8 teaspoon baking soda
½ cup margarine or butter melted

For filling, in a medium saucepan combine berries, sugar, water, lemon juice and ½ teaspoon cinnamon. Bring to a boil. Reduce heat. Simmer, uncovered, for about 8 minutes or till slightly thickened, stirring frequently. Remove from heat.

In a mixing bowl stir together flour, oats, brown sugar, ¼ teaspoon cinnamon, and baking soda. Stir in melted margarine or butter till thoroughly combined. Set aside 1 cup of the oat mixture for topping. Press remaining oat mixture into an ungreased 9x9x2-inch pan. Bake in a 350-degree oven for 20 to 25 minutes.

Carefully spread filling on top of baked crust. Sprinkle with reserved oat mixture. Lightly press oat mixture into filling. Bake in the 350-degree oven for 20 to 25 minutes more or till topping is set. Cool in pan on a wire rack. Cut into bars.

