

Did you know?

 Blackberry leaves were used as an early hair dye. Boiling them in Lye solution created a substance used to help make the hair black.

 Blackberries grow plentifully in the wild and are great for picking - but be careful! Their plants often have a great deal of thorns.

 The blackberry plant is called a “cane.”

 Blackberries have one of the highest levels of antioxidants of any food. These antioxidants can reduce the risk of cancer and keep the brain healthy.

Blackberry Blast!



JOKE OF THE MONTH

Q: Why were the blackberries so upset?
A: Because they were in a jam!

Parents,

This month in the cafeteria we are sampling blackberries. Blackberries, like most berries, are a great source of fiber for your family. Fiber includes the parts of plant foods your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates — which your body breaks down and absorbs — fiber isn't digested by your body. Instead, it passes relatively intact through your digestive system and out of your body. A high fiber diet has many benefits, including: helps maintain bowel health, lowers cholesterol, helps control blood sugar, and aids in achieving healthy weight. Add berries to your child's diet today for a boost in fiber!

RECIPE Berry Smoothie

Ingredients

- 1 banana
- ½ cup blackberries
- ½ cup blueberries
- 6 ounces Greek yogurt
- 4 ice cubes

Directions

Place all ingredients in a blender and blend until smooth.



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

