

Blackberries

A favourite for foragers, blackberries' sweet taste packs a punch. They are in-season late summer to autumn.

It is a seed containing fruit that is bursting with vitamin C.

Store:

- Do not wash until you are ready to use/ cook them
- If you know that you will be using them within the day, a countertop can be an option
- Otherwise, the fridge will be the best way to stop spoilage
- If possible, don't pile the berries on top of each other to save them from being crushed
- They will last from between 5 to 7 days in the fridge
- If you notice already-spoiled berries, make sure to remove them

Freeze:

- This is a great option if you would like to make smoothies or bake
- First, wash and pat dry until all excess water is removed
- Then, lay them seperated on a baking tray and freeze until firm
- This step is important to prevent the berries from clumping together
- Once they are firm, transfer to a freezer-safe container or bag

Foraging

- Make sure to wear long-sleeve tops and bottoms for those brambles.
- Look for firm, unsquashed berries as they will have the longest shelf-life.
- Although tempting, do no eat until they are washed.
- It is recomendado to eat or freeze them within 24 hours.
- Do not completely clear an area of berries, as to be mindful of other animals.



Video Links