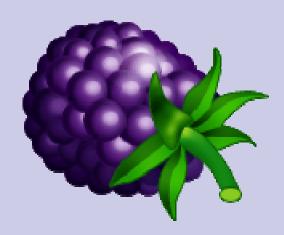
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BLACKBERRY

- ♦ Blackberries are very high in fiber and Vitamin C which both help you to stay healthy.
- ♦ Some people eat blackberries to feel better when they have a stomach ache or feel sick to their stomach.
- ♦ Blackberries protect your heart with Vitamin E.
- ♦ Blackberries are part of the rose family.

Fun Facts About Berries. (2009). Retrieved June 16, 2009, from Southern GraceFarms:

http://www.southerngracefarms.com/funfacts.html.