



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>.