



HARVEST OF THE MONTH

Berries

The blackberry is Alabama’s state fruit. It is a small, round fruit that grows on a flowering shrub or a trailing vine. Blackberries may be black, dark red or yellow, and they grow wild in Alabama. Blackberries are enjoyed by humans as well as by Alabama’s critters, such as deer and squirrels. The United States is the leading producer of blackberries in the world.

Alabama is the 13th top producer of blueberries in the United States. Blueberries grow in clusters and range in size up to that of a marble. They also have a wide variety of colors, ranging from blue to maroon to purple-black. Blueberries are native to North America, where they grow throughout the woods and mountainous regions of the United States and Canada.



Nutrition Facts		
Serving Size 1 cup 144g (144 g)		
Servings per container 1		
Amount Per Serving		
Calories 62	Calories from Fat 6	
% Daily Value*		
Total Fat 1g	1%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 1mg	0%	
Total Carbohydrate 15g	5%	
Dietary Fiber 8g	31%	
Sugars 7g		
Protein 2g		
Vitamin A	6% • Vitamin C	50%
Calcium	4% • Iron	5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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Nutrition Facts		
Serving Size 1 cup 148g (148 g)		
Servings per container 1		
Amount Per Serving		
Calories 84	Calories from Fat 4	
% Daily Value*		
Total Fat 0g	1%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 1mg	0%	
Total Carbohydrate 21g	7%	
Dietary Fiber 4g	14%	
Sugars 15g		
Protein 1g		
Vitamin A	2% • Vitamin C	24%
Calcium	1% • Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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Did you know?

Alabama is home to five native species of blueberries.

