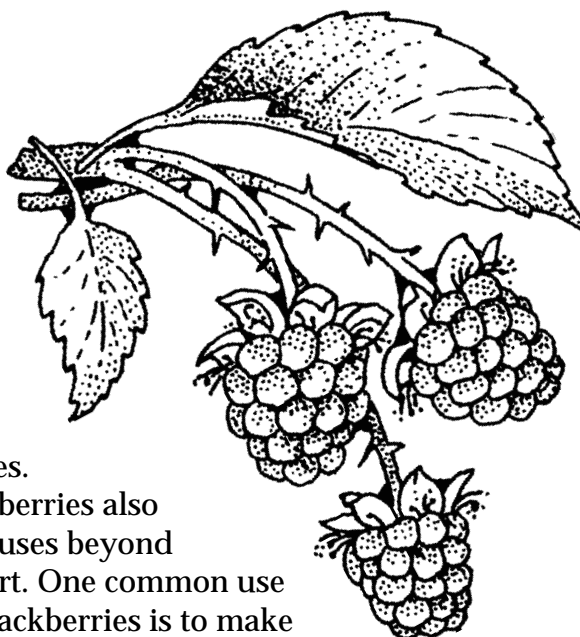


# Blackberries and raspberries

Fresh berries, such as raspberries and blackberries, are a true summertime treat. Not only do they taste wonderful, but they also have many uses. Native Americans were among the first people to appreciate raspberries. Not only did they eat them, but they also used raspberries as medicines, dyes, and food preser-



vatives. Blackberries also have uses beyond dessert. One common use for blackberries is to make homemade wine, but we don't have a recipe for that here!

## Blackberry Barbeque Sauce

Makes 8 servings *Vermont Fresh Network member*

### Ingredients:

2 Tablespoons shallots, chopped  
 4 cups blackberries  
 2 cups barbeque sauce  
 1/8 cup sugar



### Directions:

1. Cook shallots and berries on low heat for 10 to 15 minutes, until the shallots are "sweating."
2. Add barbeque sauce and sugar, and cook for an additional 15 to 20 minutes.

Good served over grilled thinly sliced leg of farm-raised Vermont venison or chicken.

## Nutrition Facts

Serving Size 1 Serving (141g)  
 Servings Per Container 8

Amount Per Serving

**Calories** 130    **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g    **0%**

Saturated Fat 0g    **0%**

**Cholesterol** 0mg    **0%**

**Sodium** 920mg    **38%**

**Total Carbohydrate** 32g    **11%**

Dietary Fiber 4g    **16%**

Sugars 25g

**Protein** 1g

Vitamin A 10%    • Vitamin C 25%

Calcium 2%    • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- Berries will easily grow moldy if they get wet.
- Berries can be stored in the refrigerator for just 1 to 2 days. It is best to keep them in the box they came in while you store them.

## Fruit Vinegar

Makes 1 gallon

*George Schenk,  
American Flatbread, Waitsfield*

### Ingredients:

- 1 gallon white wine vinegar (6% acidity)
- 1 quart raspberries
- 1 cup maple syrup

### Directions:

1. Rinse fruit, drain.
2. Warm vinegar in a non-reactive pot (stainless steel) to about 100 degrees F.
3. Stir in maple syrup.
4. Put fruit into empty vinegar jug or divide evenly into five clear wine bottles or other glass container.
5. Fill container with warm maple/vinegar.
6. Label with date.
7. Let sit about 2 weeks before use. Use within 1 year.

Nutrient analysis is for a 4-ounce serving.

*Comments: This fruit vinegar is a wonderful addition to salad dressings, marinades, and barbeque sauces. You can add sprigs of fresh thyme and/or chives. Blueberries and blackberries can be substituted for raspberries (add 25% more fruit as they are not as strongly flavored).*

## Nutrition Facts

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Dietary Fiber 4g    **16%**

Sugars 30g

**Protein** 1g

Vitamin A 0%    • Vitamin C 25%

Calcium 6%    • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.