

Let's grow something special.

Southern Selects

Blackberries



The most **NUTRITIOUS BERRY** out there... blackberries are now known to have the highest amount of antioxidants! They are great for cardiovascular health, and one cup of berries contains the daily fiber dose and half the recommended dose for Vitamins C, E, and K. Most importantly, Blackberries contain salicylic acid, the basic form of aspirin—proven to alleviate bodily pains, lower inflammation and reduce the risk of some cancers.

Two of our delicious varieties are available fresh from Mexico. The Tupi variety is a large, firm blackberry, while the Brazos variety is larger in size and extra sweet. Both types make a tasty addition to breakfast cereal, sharp cheeses, ice cream or fruit salad. Many chefs include them in sauces as well.



Availability

Year-round (Guatemala/ GU)

Jan.- June & Oct.-Nov. (Mexico/MX)

Storage & Handling

Warehouse Temperature:

34° degrees F

Humidity:

90-95%



COUNTRY OF ORIGIN	PACK SIZE	UNITS/ BOX	UPC	NET WEIGHT	SHIP WEIGHT	TIERS	CASES/ TIER	CASES/ PALLET
Guatemala Mexico	6 oz. clam	12	6 31203 70002 4	4.5 lbs.	4.5 lbs.	15	12	240



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