



Blackberry Peach Crumble

- 2 cups** fresh blackberries
- 2 cups** peeled and sliced fresh peaches or 1 (16 ounce) bag frozen peach slices, thawed
- 1 teaspoon** grated lemon peel
- 2 tablespoons** cornstarch
- 1/3 cup**, plus **1/2 cup** packed brown sugar
- 1/2 cup** all-purpose flour
- 1/2 cup** chopped blanched almonds, (optional)
- 1/4 teaspoon** salt
- 6 tablespoons** butter, cut into pieces

Combine blackberries, peaches, lemon peel, cornstarch and $\frac{1}{3}$ cup brown sugar in a large bowl.

Pour ingredients into a lightly greased 8 inch baking dish.

Mix together flour, almonds, salt, and remaining $\frac{1}{2}$ cup brown sugar. With pastry blender or two knives, cut in the butter until the mixture resembles coarse meal.

Sprinkle flour mixture over fruit.

Bake in a pre-heated 400° F oven for 30 minutes.

Cool 10 minutes prior to serving.

Yield: 8, $\frac{1}{2}$ cup servings

Nutritional Analysis: 270 calories, 14 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber. Without almonds: 220 calories, 9 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

Source: www.fruitandveggiesmatter.gov

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students

June 2010

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