



Very Berry Salsa

4 cups apples,
finely diced
1 cup blueberries
1 cup strawberries,
diced

1 cup raspberries,
halved
1 cup blackberries,
halved

1 tablespoon fruit preserves
½ tablespoon sugar
½ tablespoon brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings

Nutritional Analysis: 20 calories,
0 g fat, 0 mg cholesterol, 0 mg sodium,
5 g carbohydrate, 1 g fiber, 4 g sugar,
0 g protein



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

Kentucky Brambleberries

SEASON: June-August

NUTRITION FACTS: All brambleberries are a valuable addition to the diet. They provide fiber and are a good source of potassium and vitamin C. One cup of raw berries contains 70 calories and no fat.

SELECTION: Look for plump fruit, uniform in color and appearing fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Do not use berries that have moisture leaks staining the carton.

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

PREPARATION: Handle all berries gently. Raspberries are more delicate and perishable than

other brambleberries. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels.

PRESERVING: Berries may be preserved by canning or freezing or used for making jellies or jam.

KENTUCKY BRAMBLEBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
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