

Cleveland County Kitchen
June, 2015
Food of the Month – BLACKBERRIES
Nancy Fichter



Blackberry Tea

3-4 cups brewed floral tea, like hibiscus or rose
⅓-½ c lemon juice
⅓-½ c honey or other preferred sweetener, if you use artificial sweeteners amounts will vary
1c packed blackberries

Pour tea, lemon juice, honey, and berries in a blender and blend until berries are pureed.
Strain tea through a fine mesh strainer to remove seeds.
Serve chilled

Blackberry Syrup

1 ½ c blackberries
3 tbsp honey
1 tsp fresh lemon juice

Place berries, honey, and lemon into a blender and blend until berries are pureed.
Strain syrup through a fine mesh strainer to remove seeds
Serve chilled over ice cream or warm over pancakes

Blackberry Dressing

1 ½ c blackberries
3 tbs honey
1 tsp lemon juice
3 tbsp olive oil
½ -1 tsp fresh finely grated ginger
salt and pepper

Place berries, honey, and lemon into a blender and blend until berries are pureed.
Strain syrup through a fine mesh strainer to remove seeds
Serve at room temperature or chilled on salad

Made Available by:

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