

Indigenous Food Hubs

2026 Harvest of the Month



JULY: BLACKBERRIES

CULTURAL SIGNIFICANCE

For many Indigenous Nations, gathering berries is about much more than food. Berry picking brings families and communities together. Elders teach younger generations where to gather, how to harvest respectfully, and how to care for the land so that berries continue to grow for future generations. Many Indigenous communities also tend berry patches through selective harvesting, pruning, and cultural burning to help keep plants healthy and productive.

FUN FACTS

- A blackberry is not a berry but an aggregate fruit. Each blackberry is made up of tiny fruits, which look like “bubbles,” called drupelets, and contain seeds.
- The Pacific Northwest is one of the world's largest blackberry-growing regions.
- Native trailing blackberries are softer, sweeter, and more aromatic than cultivated varieties.
- Blackberries’ dark purple-black color comes from natural pigments called anthocyanins.
- Blackberry juice was used as a dye.

BLACKBERRIES WERE/ARE:

- Gathered during summer/early fall
- Dried into cakes for winter storage
- Mixed with other berries and traditional foods
- Shared among families and communities
- Traded between tribes in some regions

NUTRITIONAL FACTS

- **Fiber for Healthy Digestion:** 1 cup of blackberries contains nearly 8 grams of fiber. Fiber helps keep your digestive system healthy and can help you feel full longer.
- **Vitamin C for Immunity:** Blackberries are rich in vitamin C, which helps support your immune system, skin health, and wound healing.
- **Powerful Plant Pigments:** Their deep purple-black color comes from natural compounds called anthocyanins. Scientists study anthocyanins because they may help support heart and brain health.
- **Strong Bones:** Blackberries provide vitamin K and manganese, nutrients that help build and maintain strong bones.
- **Naturally Sweet:** 1 cup of blackberries contains only about 60-65 calories, making them a nutritious snack rich in vitamins, minerals, and water.



Indigenous Food Hubs

2026 Harvest of the Month



JULY: BLACKBERRIES

RECIPE FOR BLACKBERRY CAMP FOIL TREAT



COOK TIME

10-15 minutes



SERVINGS

4-6

INGREDIENTS

- 3 cups fresh or frozen blackberries
- 2 tablespoons maple syrup or honey (optional)
- 1 teaspoon lemon juice
- 1 cup granola or crushed whole-grain cereal
- 1-2 tablespoons butter or coconut oil
- Optional: a small handful of mini marshmallows or a spoonful of yogurt for serving



DIFFICULTY:

EASY MEDIUM HARD

DIRECTIONS

1. Prepare foil sheets (about 12-14 inches long). Lightly grease the center of each with butter or oil.
2. Divide the blackberries among the foil sheets.
3. Drizzle with maple syrup or honey and a splash of lemon juice.
4. Sprinkle granola or cereal over the berries.
5. Fold each foil pack tightly.
 - a. For campfire or grill: Place on medium heat for 10 minutes.
 - b. For kitchen oven: Bake at 375°F for 10-12 minutes.
6. Carefully open. Steam will escape!
7. Eat as is, or top with yogurt for breakfast or a small amount of marshmallow for a fun treat.

NOTES

- Frozen berries work great! No need to thaw them.
- A fun, kid friendly, low mess recipe perfect for home kitchens or outdoor cooking.



Indigenous Food Hubs 2026 Harvest of the Month

JULY: BLACKBERRIES

