

Blackberries

By

Introduction

The blackberry is one of the most common berries in the world. There are many reasons why, but there isn't everything on the bottom of the berry container...well there isn't everything in this article either, but that's okay because I'll tell you about where it's grown, nutrition facts, and some extra things throughout the article!



Region

Blackberries are grown in many places in the world. Most of the regions are northern and they originated in Northern America and Australia. If you were wondering if you can grow them in your backyard, you can if you live in Virginia.

Nutrition facts

Blackberries are very good for you in many different ways. There is lots of vitamin C, vitamin A, and vitamin K, but that's not all. There is also iron and calcium. If you didn't know vitamin C can heal wounds, regenerate skin, and shortens the common cold, and calcium helps your bones get stronger.

Extra facts

Before I get into the conclusion it's time for extra facts.

- Fact 1: Blackberries aren't only deep, dark, black they come in red and also yellow.
- Fact 2: Blackberries and raspberries both have something special about them, they both have smaller berries around them and they are called drupelets and the core is called receptacle.

Conclusion

Now that you're done remember that blackberries don't just taste good they are good for you!

