

Try Day Friday - BLACKBERRIES



Blackberries, especially those picked fresh in the Elderslie Farm brambles north of Wichita, Kansas, have excellent health benefits.

According to the North American Blackberry and Raspberry Association, the high Vitamin C content of blackberries prevents scurvy, reduces risk of stroke, and helps prevent cancer initiation. They are cholesterol free and virtually fat free. They are sources of dietary fiber that lowers cholesterol and may help prevent colon cancer and heart disease. They are low in calories.

Blackberries have been shown to contain healthful substances which research shows may slow down the aging process, boost immunity, and protect against chronic disease, including heart disease and cancer.

Picking and Storing: Pick blackberries that are all black – there should be no red on the berry. If you choose to rinse them, do it just before using. Blackberries freeze very well. Some people prefer to freeze them individually on a cookie sheet and then store in a Ziploc bag or you can put the whole container in the freezer inside a Ziploc bag.

Blackberry Scones

2 c all-purpose flour
¾ T baking powder
½ t kosher salt
2 T sugar
5 T unsalted butter, cold, cut into chunks
1 c fresh Elderslie Farm blackberries (frozen is fine)
1 c heavy cream, plus more for brushing
Sugar in the Raw for topping scones

Preheat oven to 400

Mix flour, baking powder, salt and sugar with pastry attachment in Cuisinart

Add butter slowly, pulsing until mixture resembles coarse meal and dump all ingredients into large bowl

Zest lemon with microplane over ingredients and stir to incorporate

Add berries and use hands to gently coat with mixture, taking care not to bruise or smash the berries

Add cream in three portions, mixing carefully

Shape the dough into rough balls about half the size of a fist, being careful not to squish the berries but make sure the berries are tucked inside the dough.

Brush tops of scones with cream

Dust tops with raw sugar – 1 generous pinch each

Bake for 15-20 minutes or until golden brown on top (note: bake 8 minutes in one position then rotate pans in oven for even baking and bake another 8 minutes).

Yield: 6 to 8 servings.



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