

# U-Pick Blackberry Guide 2019

## G and S Orchards

825 Atlantic Avenue, Walworth, NY

Monday-Friday 8am-1pm

Saturday & Sunday 8am-3pm

More details at (315) 524-3823

<https://gandsorchards.com/full-pick-schedule>

## Mendon Acres

4287 Clover St, Honeoye Falls, NY

Tuesday, Thursday, Saturday 10am-6pm

Sunday 10:00am to 4:00pm

For availability (585) 348-7662

<https://www.mendonacres.com/>

## Robb Farms

800 Gallup Road, Spencerport, NY

Monday – Sunday 9am-6pm

More details at (585) 352-0814

[www.Robbfarms.com](http://www.Robbfarms.com)

## Schutt's Apple Mill

1063 Plank Rd, Webster, NY

For availability call (585) 872-2924

Mon - Fri 9am-6 pm

Saturday & Sunday 9am-5pm

## Wilberts U-Pick Farm

1515 Salt Road Penfield, NY

<https://www.facebook.com/pages/Wilberts-U-Pick-Blueberry-and-Raspberry-Farm/423352561111308>



## West Wind Farm

928 Manitou Road, Hilton, NY

Tuesday-Thursday 8am-8pm

Friday- Sunday 8am-4pm

For More Info at (585) 234-0252

<http://www.greenacreupick.com/>

## Health Benefits of Blackberries

Considered a nutrition powerhouse, these small berries come with big benefits. Rich in vitamins C and K, they support bone strength, boost our immune system and even improve our dental health. Their high fiber content helps regulate our digestive system, reduce cholesterol and promotes weight loss while providing us with energy. They have also been found to enhance our brain activity. Find more information on their nutrition value and storage at:

<http://fingerlakeseatSMARTNewYork.org/fruit-vegetable-facts/blackberries>

## Using Blackberries

Delicious fresh by themselves, they can also be paired with a cheese tray, heavy cream or ice cream. Blackberries are especially wonderful in desserts or jams consumed in the winter.