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

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

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.