



CAMPUS KITCHEN
AT THE UNIVERSITY OF KENTUCKY

LOCALLY CHOPPED SEPTEMBER 2025

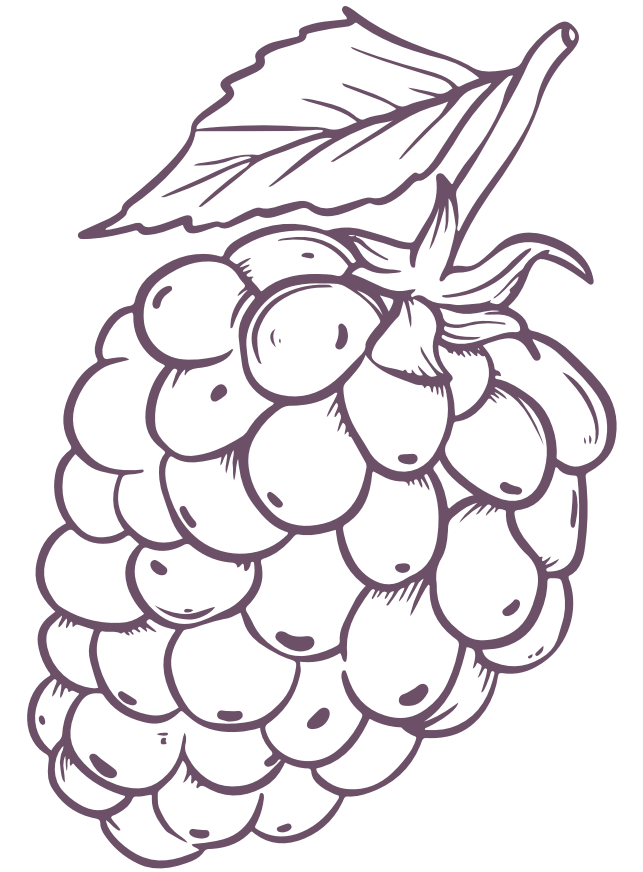
We're BERRY Happy
to See You Again!

FEATURING BLACKBERRIES



Fun Facts About Blackberries

- Ancient Treat: Blackberries have been enjoyed since at least 2,500 years ago — the ancient Greeks used them as medicine.
- Superfood Power: Packed with vitamin C, fiber, and antioxidants, they help boost immunity and support heart health.
- Wild at Heart: Blackberries grow on thorny brambles and are often found in the wild along fields and forest edges.
- Color Magic: Their deep purple color comes from anthocyanins, powerful plant pigments that protect cells.
- Summer Favorite: Blackberry season peaks in July and August (in most regions).
- Sweet & Savory: They shine in pies, crisps, jams, sauces — and even in salads or with roasted meats!



Blackberry Crisp

Ingredients:

For the topping: $\frac{3}{4}$ cup oats, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{8}$ tsp salt, $\frac{1}{2}$ cup butter, cold & diced

For the fruit: 4–5 cups fresh blackberries, 3 Tbsp sugar, 3 Tbsp flour, 1 $\frac{1}{2}$ tsp lemon juice

Instructions:

1. Preheat oven to 350°F.
2. Mix topping; cut in butter until crumbly.
3. Toss berries with sugar, flour, and lemon juice.
4. Spread fruit in greased 8x8 pan; add topping.
5. Bake 40–45 min until golden & bubbly.
6. Rest 10 min, serve warm (ice cream optional).





Blackberry Sauce for Meat

Ingredients: $\frac{3}{4}$ cup blackberries, $\frac{1}{4}$ cup orange juice, 2 Tbsp sugar, 2 Tbsp balsamic vinegar

Instructions:

1. In a saucepan, combine all ingredients.
2. Mash berries with a fork or potato masher.
3. Simmer on medium-low 12–15 min, stirring, until thickened.
4. Strain to remove seeds.
5. Serve warm over your chicken!

For the chicken: Toss chicken thighs or chicken breasts with 1 tbsp oil, 1 tsp salt, and $\frac{1}{4}$ tsp pepper, place chicken pieces on a sheet pan in a single layer, roast at 400°F (200°C) for 30–35 minutes, until chicken reaches 165°F inside

Storing Tips for Blackberries

How to Know if Blackberries Are Ripe

- Color: Deep, dark purple-black with no red tinge.
- Texture: Plump, firm, but slightly tender when squeezed.
- Taste: Sweet with a hint of tartness (unripe berries are sour and firm).

How to Store Fresh Blackberries

- Do not wash until ready to eat (extra moisture makes them spoil faster).
- Store in a breathable container lined with paper towels in the fridge.
- Best used within 2–4 days.

How to Store Blackberry Crisp

- Cool completely before covering.
- Store at room temperature (loosely covered) for up to 2 days, or refrigerate up to 5 days.
- Reheat in oven at 350°F until warm for best texture (microwave works but softens topping).

How to Store Blackberry Sauce

- Keep in an airtight container in the refrigerator up to 1 week.
- Freeze for up to 3 months; thaw in fridge overnight before using.





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Campus Kitchen at UK is a student-led service organization in the **Department of Dietetics and Human Nutrition in the Martin-Gatton College of Agriculture, Food, and Environment.** We were founded in 2014 with the focus of minimizing food waste, improving food security, and bringing awareness to food sustainability in the UK and Lexington communities!

Join us for **Farm-to-Fork** every Wednesday from 11AM- 1PM during the regular school year in Funkhouser 207 or Ag. North N24, where students can get a free, well-balanced meal made by us. Or volunteer with us to recover, cook, or deliver food!

Locally Chopped is a new initiative at CKUK happening once a month during Farm-to-Fork at Funkhouser 207 where we show you how to prepare two different dishes of a local, seasonal ingredient. AND you get to take home some of that ingredient with you! WITH recipes made with college students in mind!

Follow us on Instagram @ckkentucky and we hope to see you soon!

