



Himalayan Blackberry

Real-Fruit Ice Cream

Serves 2

INGREDIENTS

2 C (~ 4 scoops) vanilla ice cream/yogurt/coconut milk ice cream

1 C frozen blackberries

2 waffle cones (optional)

INSTRUCTIONS

Head to a local park, public trail, or friend's backyard and pick 1 cup (or more for snacking) of Himalayan Blackberries.

Rinse the berries in a colander under the tap for 30 seconds.

Lay out the berries on a kitchen towel to dry.

Once dry, put the berries in a reusable container and leave them in the freezer overnight.

Into a food processor, add 2 cups of vanilla ice cream (or alternative of choice) and 1 cup of the frozen blackberries.

Pulse the mixture in the food processor until combined and smooth (you should still be able to see some chunks of the fruit).

Scoop the blackberry ice cream into waffle cones or dish up into bowls.

Enjoy your sweet, summer treat!



Himalayan Blackberry

(*Rubus armeniacus*)

ID Characteristics

- Sprawling, evergreen shrub which forms large thickets of trailing to climbing stems.
- The stems are strongly angled and bear curved prickles (ouch!).
- The leaves have a grey, woolly underside and a smooth top surface, and prickled stalks. They are generally in groups of 5 on the new canes, and groups of 3 on second-year, flowering canes.
- Flowers are small, white to pink, with 5 petals. They are arranged in clusters of 5-20.

Look-alikes

Not to be confused with native Black Raspberry (*Rubus leucodermis*), which has white residue on its stems and doesn't grow in monocultures the way invasive blackberries do.

Vectors of Spread

- Himalayan Blackberry reproduces vegetatively: the cane tips root down when they touch the ground or form nodes along the canes.
- Birds and mammals that eat the fruit can also spread Blackberry seeds in their excrements.

Impacts

- Outcompetes native vegetation.
- Limits movements of humans and wildlife by forming dense thickets.
- Takes over stream channels and banks.
- Outcompetes deep-rooted shrubs and trees that normally stabilize banks and prevent flooding.

Photo by B Johnson

