Himalayan Blackberry

*Rubus armeniacus*

<table>
<thead>
<tr>
<th>Region of Origin:</th>
<th>Western Europe</th>
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<tbody>
<tr>
<td>Habitat:</td>
<td>Perennial shrub</td>
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<tr>
<td>Current Range:</td>
<td>Most of the temperate world</td>
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<td>Life Span:</td>
<td>Summer</td>
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Although Himalayan blackberry (now called Armenian blackberry) is one of the most delicious fruits around, it is also one of the most destructive invaders in the Pacific Northwest. First appearing in Oregon in 1922, this prickly shrub aggressively ousts native plants, especially in riparian environments. Control of infestations has taken a significant toll on road, park and agricultural maintenance budgets. The berry reproduces through arching canes and seed. It ripens in late summer-early fall, turning to a deep purple blue. Not only do humans enjoy their lovely sweet-tart taste, but birds love them too – unwittingly helping the plant’s invasion by spreading the seed after feeding.

A special thank you to author and ecologist Corinne Duncan for her content contributions to the Himalayan Blackberry Introduction.

**Wild Blackberry Cobbler**

*Recipe by Wild Man Steve Brill*

- 5 cups Wild Blackberries
- 2 Tbsp Tapioca Pearls, ground to powder
- ½ cup + 1 Tbsp Unsweetened Apple Juice
- 1 tsp Orange Zest (½ tsp orange extract)
- 1 tsp Mint, dried, finely crumbled
- ¾ tsp Cardamon Seed, ground
- 1½ cups Whole Grain Flour
- 2 Tbsp Cooking Oil of choice
- 1⅛ tsp Cream of Tartar
- ⅓ tsp Baking Soda
- 1 tsp Cinnamon, ground, divided
- ¼ tsp Spicebush or Allspice Berries, finely chopped
- ½ tsp Nutmeg, ground
- ¼ tsp Salt
- ¼ cup Corn Oil
- 3 Tbsp Milk or Unsweet Fruit Juice (or as needed)

- Preheat the oven to 350 degrees.
- Mix the blackberries, ground tapioca, ½ cup of the apple juice, the orange rind, mint, and cardamom together in a large bowl.
- Transfer the mixture to a 14 x 9 x 2-inch oiled baking dish.
- Sprinkle the fruit mixture with 3 tablespoons of the flour and dot with the apricot kernel oil.
- In a medium-size bowl, mix together the remaining flour, the cream of tartar, baking soda, cinnamon, spicebush berries, nutmeg, and salt.
Wild Blackberry Cobbler

- Mix in the corn oil, and then stir in the remaining 1 tablespoon apple juice and milk to make a dough that's neither sticky nor crumbly.
- Using a rolling pin covered with a floured sleeve and working on a floured pastry sheet, roll the dough out ¼ inch thick in the shape of your baking dish.
- Transfer the rolled out pastry onto the berry layer, cut slits for steam to escape, and sprinkle on more cinnamon for color, if desired. Bake the cobbler until bubbly, about 40 minutes.
- Serve hot or cold. Serves 6 to 8.

Blackberry Panna Cotta

Recipe by Wild Man Steve Brill

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Cream</td>
<td>2 cups</td>
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<tr>
<td>Sugar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Wild Blackberries</td>
<td>2 cups</td>
</tr>
<tr>
<td>Knox Gelatin</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Cold Water</td>
<td>6 tsp</td>
</tr>
<tr>
<td>Cooking Oil of Choice</td>
<td>2 Tbsp</td>
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<tr>
<td>Dessert Ramekins</td>
<td>4 ea</td>
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- Mix the blackberries with the sugar and let sit for 30 minutes.
- Meanwhile, oil the ramekins with the grapeseed, or any neutral-tasting oil.
- You can skip this if you are planning to serve the panna cotta as a parfait, and not pop it out of the container.
- Heat the blackberries-sugar mixture with the cream and bring it to a steam, about 170 degrees.
- Don't let it simmer.
- Turn off the heat and let this steep 30 minutes.
- When the 30 minutes is about done, mix the gelatin with the cold water in a container you can pour from, like a large measuring cup or a bowl with a pouring spout.
- Heat the cream mixture again, just back to the steaming point.
- Don't simmer it.
- Set up a fine-meshed strainer over the container that has the gelatin in it. Pour the hot cream through the strainer into the container so you leave the blackberries behind.
- Now, pick up the strainer and shake it gently over the cream to release some extra blackberry goodness. This is important, as this last bit of juice and cream in the blackberries is concentrated and can give you a lot more flavor and color in your panna cotta.
- Stir the panna cotta mixture a few times to incorporate the gelatin, then pour it into your ramekins.
- Put in the fridge for a few hours to set. Panna cotta can be made up to a day ahead, just cover the ramekins once they've set.
Blackberry Cordial

Recipe by Anonymous

1 qt Vodka
1 cup Sugar
1 qt Wild Blackberries

- Place the sugar in a 1 quart jar.
- Fill the rest of the jar with blackberries without packing them tightly.
- Fill the jar with vodka so that it is level with the berries.
- Seal the jar and let it stand.
- Shake the jar gently once per week.
- Continue this process for 8-10 weeks. The sugar will dissolve and the liquid will color to match the berries.
- After the shaking process is complete, strain the liquid through a sieve.
- Strain the liquid through a coffee filter to fully separate the liquid from the rest of the fruit.
- Pour into bottles or jars for storage or gift-giving.
- Drink as a cordial or use to flavor lemonade, iced tea, or other adult beverages, especially a Blackberry Martini or use as a topping for other desserts such as cheesecake and ice cream. Drop fresh blackberries in to garnish when serving.