

HOW SWEET IT IS

Psst....wanna know the latest scoop on one of Powell River's prickliest subjects? Keep on reading and then check out the landscape; there's plenty of evidence of increased activity. Just to be sure, though, we've scooped out the latest.

Although the central characters in the tale go by names such as *Rubus macropetalus*, *Rubus loganobaccus*, and *Rubus ursinus*, we know them better as blackberries and they're everywhere. For most of us Powell River people waiting for the succulent fruit to ripen, however, a blackberry by any other name tastes just as sweet.

Not only are blackberries sweet, they're also as tempting a snack as you can wish for. If you're not sure about that, just check with every kid who waits with anticipation for the day he or she can begin the annual ritual of gorging, straight from the bush. For that matter, few adults can resist stripping vines either.

Chock full of things like tannic, antioxidants and anti-aging properties, they're the epitome of value-added scrumptious dining....but honestly, many folks aren't as concerned about their nutritional content as they are that the black beauties come wrapped in pie crust, muffin batter or end up sitting on top an ice cream sundae.

If you don't happen to live where blackberries grow, there's nothing inferior about raspberries, strawberries, blueberries, huckleberries, Saskatoon berries, loganberries...you get the picture. All said, one of the things I love most about summer is enjoying the fresh fruits and vegetables that come with the season. Even the thought of them gets the saliva glands all worked up.

"O taste and see that the LORD is good; how blessed is the man who takes refuge in Him!" (Psalm 34:8

While you're enjoying the bounty of the summer season, be sure that you don't miss out on the sweetness of God's love – there's nothing like it!