

All About Blueberries

Seasonal Crop Growth



Adapted from Washington State Harvest Calendar
(www.pickyourown.org/WAharvestcalendar.htm)

Nutrient Power Pack

Blueberries contain key nutrients that benefit your health.
½ cup provides the following Daily Value (%DV).

Vitamin A ▶

Less than 2%

10–19%

◀ Vitamin C

Folate ▶

Less than 2%

2–9%

◀ Potassium

Calcium ▶

Less than 2%

Less than 2%

◀ Iron

Fiber ▶

2–9%

10–19%

◀ Vitamin K

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Did You Know?

- * Blueberries are good sources of **vitamin C** and other **antioxidants** that benefit both brain and heart health.
- * Blueberries contain **vitamin K**, which contributes to healthy blood and bones.
- * **Anthocyanin** pigments in blueberries give them their rich indigo color.

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More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



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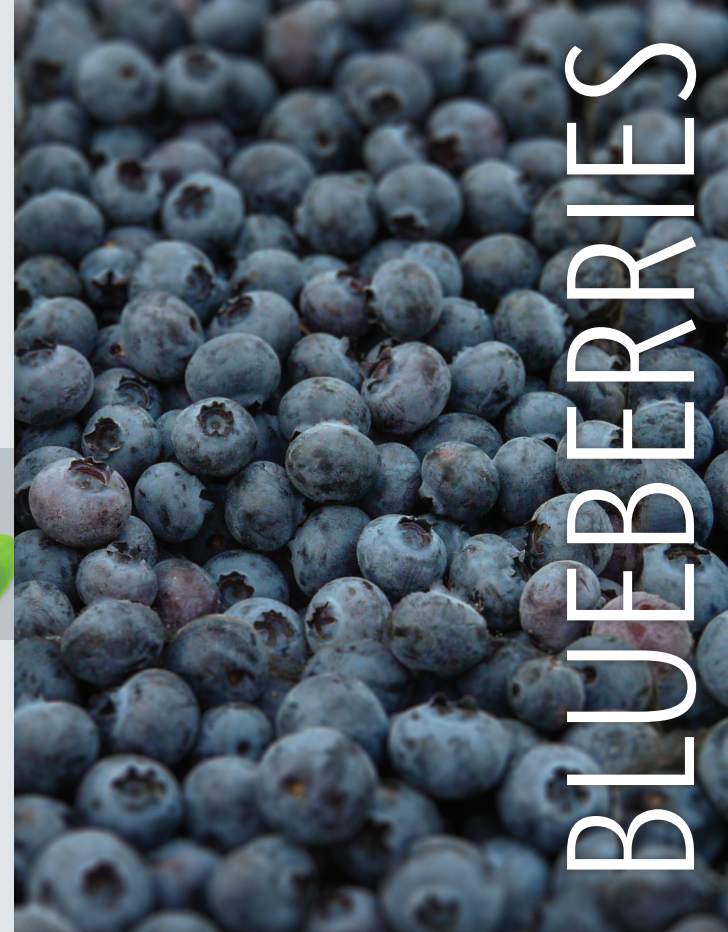
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Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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BLUEBERRIES



Selecting and Preparing Blueberries



- Choose berries that appear plump, unwrinkled, blue in color and nearly free of leaves and stems.
- The box should not be stained or have any signs of mold.
- Avoid storing fresh blueberries in plastic bags. Instead, refrigerate them in the original container.
- Fresh blueberries are best if used within a week. Wash well before eating or preparing.
- Blueberries freeze well. Freeze in a single layer on a cookie sheet, then transfer frozen berries into plastic freezer bags.
- Berries are delicious on cereal or oatmeal, and in yogurt, pancakes, waffles, muffins, fruit salads or smoothies.

Blueberry Cobbler

Makes 8 servings

- $\frac{2}{3}$ cup flour
- $\frac{1}{2}$ cup sugar
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{2}{3}$ cup low-fat milk
- 2 tablespoons oil
- 2 cups blueberries

- 1 Pre-heat oven to 350°F.
- 2 In a medium bowl, combine flour, sugar and baking powder.
- 3 Stir in milk and mix the batter until it is smooth.
- 4 Coat a 9 × 9-inch baking dish with oil.
- 5 Pour in the batter and sprinkle the blueberries on top.
- 6 Bake for 40 to 45 minutes or until top is lightly browned.

Blueberry Pancakes

Makes 2-3 servings

- $\frac{1}{2}$ cup low-fat milk
- 4 teaspoons oil
- 1 egg
- 1 cup flour
- 2 teaspoons baking powder
- 2 teaspoons sugar
- $\frac{3}{4}$ cup blueberries

- 1 In a mixing bowl, combine milk, oil and egg. Mix well.
- 2 Add flour, baking powder and sugar to the milk mixture all at once. Stir just enough to wet the flour. Batter should be as thick as heavy cream. Add more milk if necessary.
- 3 Add blueberries and stir gently to combine.
- 4 Oil and pre-heat a large skillet on MEDIUM-HIGH heat.
- 5 Pour pancakes about 4 inches across. When pancakes are full of bubbles, flip and brown the other side.

Savory Blueberry Chutney

Makes 8 servings

- 1 small sweet onion, sliced
- 1 large clove garlic, minced
- 2 cups fresh blueberries
- Juice and zest of 1 lemon
- 2 tablespoons honey
- 2 teaspoons ground ginger
- $1\frac{1}{4}$ teaspoons ground cinnamon
- 1 to 2 teaspoons vinegar, to taste
- $\frac{1}{4}$ teaspoon each salt & cayenne pepper (optional)

- 1 In a non-stick saucepan, sauté onions and garlic over MEDIUM-HIGH heat until translucent, about 3 to 5 minutes.
- 2 Add blueberries, stirring until they start releasing juice.
- 3 Add remaining ingredients. Cook another 10 to 15 minutes until sauce thickens. Allow to cool before serving.

NOTE: Serve cold with chicken or pork, or use as a spread for poultry, pork or ham sandwiches. Can be stored in the refrigerator for up to 3 weeks.