

## Blueberries *Fresh and Healthy*

Blueberries are a delicious, convenient and healthy treat. They are easy to grab for a quick snack or a great addition to any meal. Blueberries are ready when you are, so add them to your next dish and make it:

**Fresh, Fast & Healthy!**

**Best Time  
to Buy  
May - September**

## Blueberries Benefit U

- Low in calories & fat
- Sodium & cholesterol free
- High in antioxidants
- Good source of vitamin C & fiber

**1 cup = 100 calories**

## *Fast Facts*

### Selection

Choose plump & firm blueberries with a dark blue color. Blueberries do not ripen after they are picked.

### Storage

Handle with care.

Store loosely covered in the original container or a covered bowl in the refrigerator for 10 to 14 days.

Do not wash blueberries until you are ready to serve.

### Preparation

Wash gently in cold water, then drain well in a colander or on paper towels.

### Preservation

- Blueberries are easy to freeze.
- Ensure they are completely dry.
- Washing results in a tougher skinned product.

Place a single layer of blueberries on a tray in the freezer. When frozen, promptly package the berries in a moisture-vapor resistant container, leaving 1/2-inch headspace and return to the freezer.

For more information on preservation call:

**1.800.ASK.UGA1**

## Blueberry *Recipe Corner*

### Yogurt Crunch Parfaits

- 3 tbsp. fresh or frozen blueberries
- 4 oz. lemon low-fat yogurt
- 1 tbsp. crushed breakfast cereal

1. Spoon blueberries into cup.
2. Top with yogurt.
3. Sprinkle with cereal.
4. Serve immediately.



### Add Color to Your Meal

- Top a bowl of cereal
- Stir into pancake or waffle batter
- Toss into a summer salad
- Sprinkle on yogurt or ice cream
- Add to banana pudding
- Just pop them in your mouth!

# Blueberries

## *Did You Know?*

Georgia ranks fifth in the nation in blueberry production.

Blueberries are one of the few fruits native to North America.

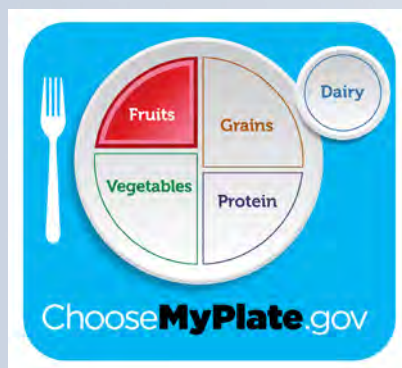
Georgia blueberries are grown primarily in the southeastern region of the state in a 12-15 county area surrounding Alma & Baxley.

**Harvest season for blueberries is mid-April through July.**

Blueberries were originally called "star berries." The bottom of the berry forms a perfect five-pointed star.



**July is  
National  
Blueberry  
Month**



**For more information contact:**

**1.800.ASK.UGA1**



*Funded by Georgia Blueberry Growers Association & Agricultural Commodity Commission for Blueberries*

Publication # - FDNS-E-167-1 December 2011  
An Equal Opportunity Employer/Affirmative Action Organization  
Committed to a Diverse Work Force

Released by Family & Consumer Science Agents:  
Lisa D. Jordan, Chatham County  
Janet Hollingsworth, Appling/Wayne County

Edited by:  
Judy Harrison, Ph.D.,  
Professor of Foods and Nutrition/Extension Foods Specialist  
Gail M. Hanula, Ph.D., R.D., L.D.  
Extension Nutrition Specialist/EFNEP Coordinator



College of Agricultural and Environmental Sciences  
College of Family and Consumer Sciences

# Blueberries



**Learning for Life**