

Harvest of the Month



January



Blueberries



Pick:

- Choose blueberries that are plump, dry, firm and have a dusty blue color.
- Avoid soft, mushy or moldy berries.

Store:

- Store fresh berries unwashed in a non-air tight container in the refrigerator for 5-7 days.
- Promptly remove soft berries from container to reduce spoilage.

Prepare:

- Rinse under cold water, just before consumption.

Nutrition Info

Blueberries provide vitamins C & E, manganese and fiber.

½ cup of blueberries has only 40 calories.

Fun Facts

Blueberries were once called “star berries” because the five points of blueberry blossoms make a star shape!

The U.S. grows and supplies about half of the world’s blueberries.

The blueberry is the second most popular berry in the U.S., second only to the strawberry.

Uses

Add fresh or frozen blueberries to homemade whole grain pancakes, waffles and muffins.

Top your favorite cereal or oatmeal with a handful of fresh or frozen berries.

Make fresh fruit kabobs by stacking blueberries, kiwi and strawberries on toothpicks. Enjoy as is or dip in yogurt!

Blueberries are an easy fruit to freeze. Simply place clean, dry berries in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 12 months.

Suggested Blueberry Inspired Books

Blueberries for Sal by Robert McCloskey

Blueberry Mouse by Alice Low

Blueberry Girl by Neil Gaiman

Nutrition Facts

6 servings per container
Serving size (143g)

Amount per serving
Calories **130**

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 3g Added Sugars	6%

Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 46mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Refreshing Corn and Blueberry Salad

serves 6

Ingredients:

- 2 cups frozen sweet corn
- 1 cup blueberries
- 1 medium cucumber, diced
- 1/4 cup diced red onion
- 1/4 cup fresh cilantro, chopped
- 1 jalapeno pepper seeded and finely chopped
- 2 Tbsp. lime Juice
- 2 Tbsp. olive oil
- 1 Tbsp. honey
- 1/2 tsp. ground cumin
- 1/2 tsp. salt

Directions:

Combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno in a bowl. Mix together dressing ingredients, pour over salad, toss and chill for 30 minutes. Serve over grilled chicken or fish or as a topping for your favorite tacos.

For more information on Farm2School visit:

www.laxf2s.org

Color a
Blueberry!

