



Give Them More
of the
Good Stuff!

Blueberry Basics



Shop and Save

- ✿ Choose blueberries that are firm, dry, plump and smooth-skinned. Blueberries do not ripen after picking, so their color should be deep purple-blue to blue-black.
- ✿ Avoid soft, shriveled or moldy fruit.
- ✿ Fresh blueberries are at their highest quality and lowest price when available locally. In Oregon, look for them at farm stands and U-pick farms from July through September. Blueberries are easy to freeze for longer storage.
- ✿ Frozen blueberries may be less expensive than fresh when not in season.

Blueberries are an excellent source of vitamin C, which promotes a healthy immune system.



Freeze Blueberries

1. Sort and rinse the berries.
2. Allow to air dry or pat gently with paper towels to remove surface moisture.
3. Spread in a single layer on flat pans or baking sheets. Freeze until firm.
4. Package frozen berries in freezer containers. Remove extra air. Label and date each package and return to the freezer.



Store Well Waste Less



- ✿ Sort and remove moldy, soft or shriveled berries before storage.
- ✿ Refrigerate fresh blueberries in a covered, shallow container with holes for air movement. Use within 10 days for best quality.
- ✿ Rinse under cool running water just before using or eating.
- ✿ Use frozen blueberries within 10 months for best quality. If frozen berries have thawed, refrigerate and use within 3 days.

Blueberry Math

1 pint =
 $\frac{3}{4}$ pound (12 ounces) =
 2 cups
 10 ounces frozen =
 1½ cups

Frozen blueberries make a great snack!



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We're on:



Enjoy Blueberries

Blueberry Crisp

Ingredients:

- 3 cups **blueberries** (fresh or frozen)
- 2 teaspoons **margarine** or **butter**, softened
- 1 Tablespoon **all-purpose flour**
- 1 Tablespoon packed **brown sugar**
- ½ cup **old fashioned rolled oats**
- ½ teaspoon **cinnamon**

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees F.
3. Place blueberries in a 9-inch pie plate or 8x8-inch baking dish.
4. In a small bowl, use a fork to mix margarine or butter, flour, sugar, oats and cinnamon.
5. Sprinkle oat mixture over blueberries.
6. Bake for about 25 minutes.
7. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Cook time: 25 to 30 minutes



Visit FoodHero.org for more easy, delicious recipes using blueberries.

Whole-Wheat Blueberry Muffins

Ingredients:

- 1½ cups **whole-wheat flour**
- ½ cup **sugar**
- ½ teaspoon **salt**
- 2 teaspoons **baking powder**
- ⅓ cup **vegetable oil**
- 1 **egg**
- ⅓ cup nonfat or 1% **milk**
- ½ cup unsweetened **applesauce**
- 2 cups **blueberries** (fresh or frozen)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly grease 12 muffin cups.
3. In a large bowl, mix the flour, sugar, salt and baking powder.
4. In a medium bowl, mix the oil, egg, milk and applesauce until smooth.
5. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
6. Fill each muffin cup about ¾ full.
7. Bake about 20 minutes or until the tops are golden brown.

Notes:

- ✿ This recipe can use all-purpose flour or a mix of all-purpose and whole-wheat.
- ✿ To bake as a loaf, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

Makes 12 muffins

Prep time: 15 minutes

Cook time: 20 minutes



Super Sundae

Ingredients:

- 1 cup low-fat plain or vanilla **yogurt**
- ⅔ cup chopped **peaches** (fresh, frozen or canned and drained)
- ⅔ cup **blueberries** (fresh or frozen)
- 2 Tablespoons **granola**

Directions:

1. Wash hands with soap and water.
2. Divide yogurt between 2 glasses or dishes.
3. Spoon half of the peaches and blueberries on top of yogurt in each glass.
4. Sprinkle each sundae with granola.
5. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ **rinse blueberries under cool running water.**
- ✿ **lightly beat an egg.**
- ✿ **sprinkle toppings on crisps or sundaes.**