



Give Them More
of the
Good Stuff!

Blueberry Basics



Shop and Save

- * Choose blueberries that are firm, dry, plump and smooth-skinned. Color should be deep purple-blue to blue-black.
- * Blueberries do not ripen after picking.
- * Avoid soft, shriveled or moldy fruit.
- * Fresh blueberries are available year round but might be the highest quality and lowest price when available locally. Peak season is July to September. Try farm stands or pick your own at a u-pick farm.
- * Frozen blueberries may be a cheaper option when the local season has passed. It is very easy to freeze your own.

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 or freezer bags. 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 =
¾ pound (12 ounces) =
2 cups

10 ounces frozen =
1½ cups

Frozen blueberries make a great snack!



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Blueberries

Blueberry Bling

Ingredients:

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

Directions:

1. Preheat oven to 375 degrees F.
2. Place blueberries in a 9-inch pie plate or baking dish.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over blueberries.
5. Bake for 25 to 30 minutes. Enjoy warm!
6. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Cook time: 25 – 30 minutes



At least
70% of kid
taste testers
"Liked!" the taste.

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

Whole Wheat Blueberry Muffins

Ingredients:

- 1½ cups **whole wheat flour**
- ¾ cup **sugar**
- ½ teaspoon **salt**
- 2 teaspoons **baking powder**
- ⅓ cup **vegetable oil**
- 1 **egg**, slightly beaten
- ⅓ cup nonfat or 1% **milk**
- ½ cup unsweetened **applesauce**
- 2 cups **blueberries**, fresh or frozen

Directions:

1. Preheat oven to 400 degrees F. Lightly coat the bottoms of 12 muffin cups with oil or baking spray.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
4. Fill each muffin cup about ¾ full.
5. Bake about 20 minutes or until the tops are golden brown.

Note: 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 vanilla **yogurt**
- ⅔ cup chopped **peaches**, fresh, frozen or canned/drained
- ⅔ cup **blueberries**, fresh or frozen
- 2 Tablespoons **granola**

Directions:

1. Divide yogurt between 2 glasses or dishes.
2. Spoon half of the peaches and blueberries on top of yogurt in each glass.
3. Sprinkle each sundae with granola. Enjoy!
4. 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.