

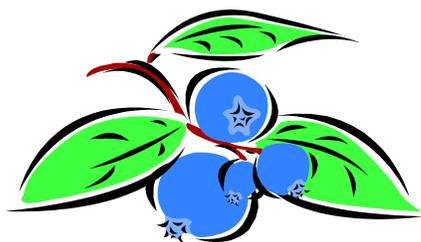
Fresh
FROM THE
FARM



BLUEBERRIES



Selection & Preparation



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 blueberries in plastic bags.

Blueberries should be refrigerated in the original container and are best if used within a week.

Blueberries freeze well. Freeze in a single layer on a cookie sheet. Then transfer frozen berries into plastic freezer bags.

When ready to use, wash well. Berries are delicious on cereal, yogurt, oatmeal, pancakes, waffles, muffins and in fruit salads.

Nutrition Facts

Serving Size ½ cup blueberries

Amount Per Serving

Calories 40

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0g 0%

Sodium 15 mg 1%

Total Carbohydrate 10 g 3%

Dietary Fiber 2 g 8%

Sugars 8 g

Protein 0 g

Vitamin A 2% Vitamin C 15%

Calcium 0% Iron 0%

Folate 1% Potassium 65 mg

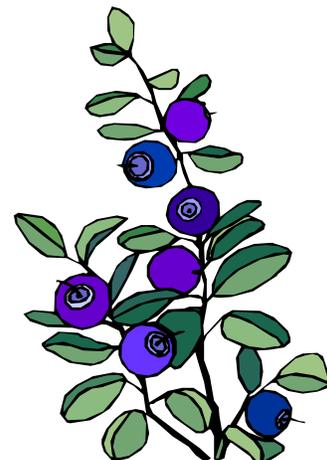
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Key Nutrients

Vitamin C - supports healthy gums, skin and blood.

Fiber - to help keep you regular, control blood sugar and fiber may lower blood cholesterol.

Blueberries are ranked #1 in anti-oxidant activity! This may be the reason studies have shown blueberries to have a number of benefits from improving memory and maintaining eyesight, to keeping your heart healthy.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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Blueberry Pancakes

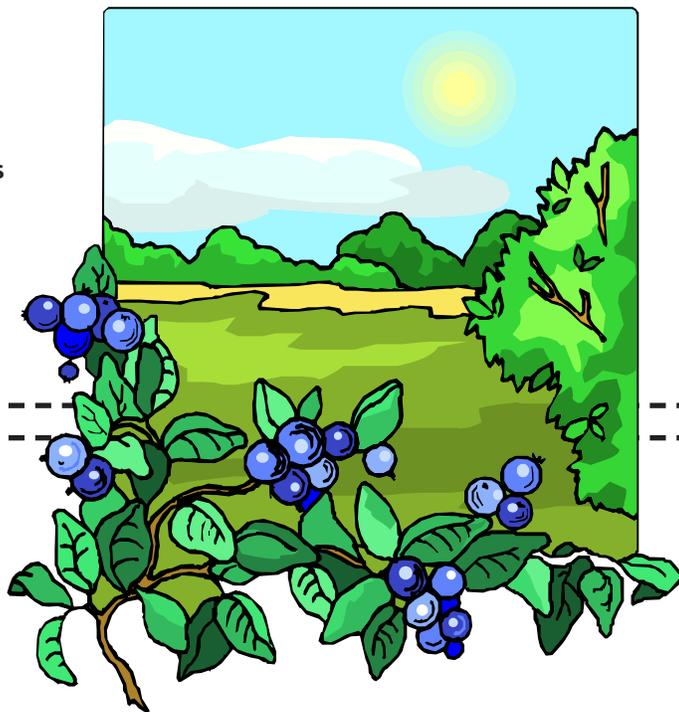
- 1/2 cup low-fat milk
- 2 tablespoons butter or margarine, melted
- 1 egg
- 1 cup flour
- 2 teaspoons baking powder
- 2 teaspoons sugar
- 1/2 cup blueberries

Combine milk, melted butter or margarine and egg in a mixing bowl. Mix well. Add the flour, baking powder and sugar to the milk mixture all at once. Stir just enough to wet the flour. Add more milk if necessary to make the batter about as thick as heavy cream. Gently mix in the blueberries. Cook pancakes on a heated frying pan that is lightly greased. Cook until the cakes are full of bubbles, flip with a spatula and brown the other side.

Berry, Berry Pancake Rollups

- 4 medium baking potatoes
- 3 cups berries, fresh: 1 cup each of strawberries, blueberries, blackberries
- 1/2 cup strawberry 100% fruit preserves
- 2 cups buttermilk pancake mix
- 1 1/2 cups water
- vegetable oil cooking spray
- 1/2 cup vanilla yogurt, non-fat or low-fat (optional)

1. Gently wash berries.
2. Make berry pancake topping by mixing berries and preserves in saucepan over medium heat for about 5 minutes or until slightly thickened.
3. Prepare pancake mix and water in a large bowl according to package directions. Cook on preheated griddle or frying pan sprayed with vegetable oil cooking spray. The batter should make between 6 and 8 pancakes about 5-6 inches in size
4. Top each pancake with 1/2 cup hot berry mixture and roll up.
5. If desired, top each rolled pancake with one tablespoon vanilla yogurt.



Blueberry Cobbler

- 2/3 cup flour
- 1/2 cup sugar
- 1 1/2 teaspoon baking powder
- 2/3 cup low-fat milk
- 2 tablespoons butter or margarine, melted
- 2 cups blueberries, cleaned and washed

Preheat oven to 350 degrees. In a medium bowl, combine the flour, sugar and baking powder. Stir in the milk and mix the batter until it is smooth. Pour the melted butter or margarine into a 9 x 9" baking dish. Pour in the batter, and sprinkle the blueberries on top. Bake for 40-45 minutes or until it is lightly browned.