

BLUEBERRIES



FUEL YOUR FAMILY

Selection

- Blueberries are in season in the summer
- Remember to wash hands with warm water and soap for at least 20 seconds before and after handling fresh produce
- Pick blueberries that are firm, plump, and dusty blue in color
- Wash under running water before consuming

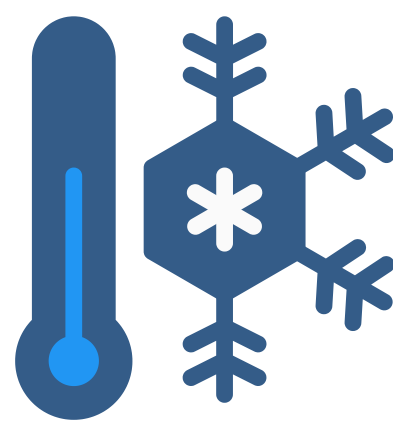


Health Benefits

- Blueberries contain phytochemicals that are associated with the prevention of cardiovascular disease, cancer, neurological diseases and the prevention and management of diabetes
- Good source of fiber
- Contains Vitamin C
- High in Vitamin A
- Low in sugar - $\frac{3}{4}$ cup has only 62 calories and 16 grams of carbohydrates

Storage

- Keep unwashed blueberries in the refrigerator for up to a week
- To freeze:
 - Place washed blueberries on parchment paper on a baking sheet in the freezer for 1 hour
 - Transfer blueberries into a container with a lid and store up to 9 months



Ways to Eat Blueberries

- Add blueberries in yogurt
- Add to smoothies
- Include in salads
- Mix in oatmeal
- Use as a topping on pancakes or french toast
- Eat blueberries by themselves!



Check out recipes with blueberries!

<https://foodhero.org/recipes/categories/908>

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/blueberries>
<https://www.todaydietitian.com/newarchives/100614p42.shtml>

K-STATE
Research and Extension

Douglas County



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.