

# Blueberries

## Benefits of blueberries:



High in potassium

High in Vitamin C & K

High in antioxidants to prevent heart disease and some cancers.

## When are they in season?



Harvest in Wisconsin mid-July through August.

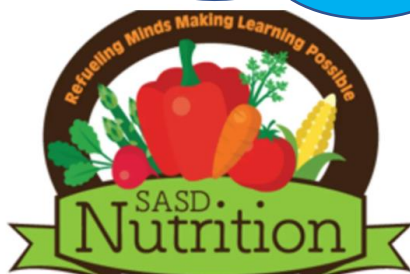
## Food Safety for blueberries

**Check** for existing mold.

**Store** blueberries in the refrigerator.

**Separate** blueberries from meat. Use different cutting boards for meats and fruits.

**Did you know...** the white, powdery substance on blueberries is called "bloom." Bloom indicated fresh berries.



Resource:

Leech, J. (2018, October 09). 10 Proven Health Benefits of Blueberries. Retrieved January 07, 2021, from <https://www.healthline.com/nutrition/10-proven-benefits-of-blueberries?scrybrkr>  
Blueberry Fun Facts: Mobile Cuisine. (2017, April 28). Retrieved January 07, 2021, from <https://mobile-cuisine.com/did-you-know/blueberry-fun-facts/>  
Sara, Welch, A., Author, Welch, S., Says, A., Charles, A., . . . Lilah. (2019, March 21). Blueberry Smoothie. Retrieved January 07, 2021, from <https://www.dinneratthezoo.com/blueberry-smoothie/>  
Pictures: Creative Commons

## Blueberry Smoothie:

Serves 2.

### Ingredients

- 1 ½ cups milk or apple juice
- 1 banana
- 1 ½ cup blueberries
- ¾ cup vanilla Greek yogurt

### Directions

1. Place all ingredients into a blender.
2. Blend until smooth.
3. Pour into glass
4. serve.



### Other Ideas:

- Frozen blueberry yogurt
- Blueberry muffins
- Blueberry jam