BLUEBERRIES

DID YOU KNOW?

- Blueberries were originally called “star berries.” The bottom of the berry forms a perfect five-pointed star.

- Georgia blueberries are grown primarily in the southeastern region of the state in a 12-15 county area surrounding Alma and Baxley.

- Georgia ranks second in the nation in blueberry production.

- July is national blueberry month!

- Blueberries are one of the few fruits native to North America.

- Harvest season for blueberries is mid-April through July.

BLUEBERRIES

FRESH AND HEALTHY

Blueberries are a delicious, convenient and healthy treat. They are easy to grab for a quick snack or a great addition to any meal. Blueberries are ready when you are, so add them to your next dish and make it FRESH, FAST, AND HEALTHY!

Best Time to Buy:
May - September

Blueberries Benefit U!

- Low in calories & fat
- Sodium & cholesterol free
- High in antioxidants
- Good source of vitamin C & fiber

1 cup = 100 calories

Add Color to Your Meal

- Top a bowl of cereal
- Stir into pancake or waffle batter
- Toss into a summer salad
- Sprinkle on yogurt or ice cream
- Add to banana pudding
- Just pop them in your mouth!
**BLUEBERRY RECIPE CORNER**

**Yogurt Crunch Parfaits**

3 Tbsp fresh or frozen blueberries  
4 oz lemon low-fat yogurt  
1 Tbsp crushed breakfast cereal

1. Spoon blueberries into cup.  
2. Top with yogurt.  
3. Sprinkle with cereal.  
4. Serve immediately.

**FAST FACTS**

**SELECTION**

Choose plump & firm blueberries with a dark blue color. Blueberries do not ripen after they are picked.

**STORAGE**

Handle with care. Store loosely covered in the original container or a covered bowl in the refrigerator for 10 to 14 days. Do not wash blueberries until you are ready to serve.

**PREPARATION**

Wash gently in cold water, then drain well in a colander or on paper towels.

**PRESERVATION**

Blueberries are easy to freeze. Make sure they are completely dry. Washing results in a tougher skinned product.

Place a single layer of blueberries on a tray in the freezer. When frozen, promptly package the berries in a moisture-vapor resistant container, leaving 1/2-inch headspace and return to the freezer.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>128</td>
<td></td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat *g</td>
<td>1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat *g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol *mg</td>
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<tr>
<td>Sodium *mg</td>
<td>160mg</td>
<td>7%</td>
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<tr>
<td>Total Carbohydrate *g</td>
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<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber *g</td>
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<td>1%</td>
</tr>
<tr>
<td>Sugars *g</td>
<td>13g</td>
<td></td>
</tr>
<tr>
<td>Protein *g</td>
<td>0g</td>
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</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

**Publication - FDNS-E-167-1a**  
December 2011  
Revised: January 2017

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