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 & Healthy!

**Best Time to Buy**
May - September

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

1 cup = 100 calories

**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.
- Ensure 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.

For more information on preservation call: 1.800.ASK.UGA1

**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.

**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!
Blueberries

Did You Know?

Georgia ranks fifth in the nation in blueberry production. Blueberries are one of the few fruits native to North America. Georgia blueberries are grown primarily in the southeastern region of the state in a 12-15 county area surrounding Alma & Baxley. Harvest season for blueberries is mid-April through July. Blueberries were originally called “star berries.” The bottom of the berry forms a perfect five-pointed star.

July is National Blueberry Month

For more information contact:
1.800.ASK.UGA1

Funded by Georgia Blueberry Growers Association & Agricultural Commodity Commission for Blueberries

Publication # - FDNS-E-167-1 December 2011
An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force

Released by Family & Consumer Science Agents:
Lisa D. Jordan, Chatham County
Janet Hollingsworth, Appling/Wayne County

Edited by:
Judy Harrison, Ph.D., Professor of Foods and Nutrition/Extension Foods Specialist
Gail M. Hanula, Ph.D., R.D., L.D., Extension Nutrition Specialist/EFNEP Coordinator