

Produce of the Month



Blueberries



Nutritional Information

- One cup of blueberries is **80 calories**
- Blueberries are high in **fiber, vitamin K1, vitamin C** and **manganese**
- Blueberries are a superfood that are **low calorie** and loaded with **fiber, vitamins** and **antioxidants**
- Beware! Blueberry flavored food products often do not contain real blueberries

Selecting & Storing

- Blueberry season in the U.S. is April to October
- Ripe blueberries should be **smooth, firm, dry, plump**. Stay away from blueberries that are **soft, shriveled, or moldy**
- Wait to wash the blueberries until they are going to be eaten. That dusty white coat helps them last longer
- Eat blueberries within 10 days of purchase or...
- **Freeze** blueberries to make them last longer. They freeze in 4 minutes!

Cooking Suggestions

- Blueberries pair well with: savory dishes, lemon, mint, rosemary, coconut and cheese
- Try blueberries...
 - Over yogurt or cottage cheese
 - In oatmeal
 - Over your favorite salad
 - In a chicken wrap
 - As a glaze over pork or turkey
- Combine blueberries with fruits, vegetables and yogurt in a smoothie

Fun Facts

- July is National Blueberry Month
- Blueberries are the official state berry of Maine and New Jersey
- The Guinness World Record for most blueberries caught in the mouth in one minute is 83

Manchester's Message for a Healthier You

9

5

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/>

For more ideas, see: <https://www.blueberrycouncil.org/>