



Blueberries



Approximate Season:
Mid July – Mid August

Did you know?

- Blueberries are one of the only foods that are naturally blue in color.
- Native Americans used to call them “Star Berries” because their blossoms resemble a 5-pointed star.
- During the Civil War blueberries were harvested, packaged and used as a food staple for Union troops.
- The poet Robert Frost loved blueberries so much that he wrote a poem about them. He titled it “Blueberries” of course.
- You can paint with blueberries! Simply boil them on the stove for about 5 minutes, smash them up and create your masterpiece!

Health Benefits:

- USDA research has found that blueberries rank #1 in antioxidant activity when compared to 40 other fruits and vegetables. Antioxidants help neutralize harmful by-products of metabolism called “free radicals” that can lead to cancer and other age related diseases.
- Blueberries can help reduce the buildup of “bad cholesterol”, which is a component that can lead to cardiovascular diseases or stroke.
- Blueberries have been shown in studies to contain a compound that can increase urinary tract function and prevent infection
- The anthocyanin present in blueberries is good for eyesight.

Serving Ideas:

- Blueberries are one of the easiest fruits to freeze. Wash, dry thoroughly, and pop them in the freezer in just about any sealable container. You’ll have berries all winter long.
- Mix blueberries with other fresh fruit for a great addition to any fruit salad.
- Simply pour some blueberries over ice cream for a great dessert.
- Bake blueberries into pancakes for a sweet morning treat.
- Blueberries make great ingredients for pies, muffins, crisps, tarts, and just about any recipe that calls for fresh fruit. See the Spencer Farm Market for several cookbooks featuring blueberries.