BLUEBERRIES

DID YOU KNOW?

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

July is national blueberry month!

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 and Baxley.

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Georgia ranks second in the nation in blueberry production.

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.

Nutrition Facts
Serving Size Entire Recipe 168g (168 g)
Servings per container 1

Amount Per Serving	
Calories 128	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 160mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	10%
Sugars 13g	
Protein 6g	

Vitamin A 9% • Vitamin C 15%
Calcium 22% • Iron 26%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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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.

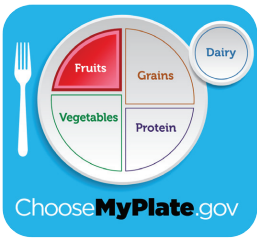
PREPARATION

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.



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