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!

DID YOU KNOW?
- Blueberries were originally called “star berries.” The bottom of the berry forms a perfect five-pointed star.
- 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.
- July is national blueberry month!
- Georgia ranks second in the nation in blueberry production.
- Harvest season for blueberries is mid-April through July.

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# 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

<table>
<thead>
<tr>
<th>Serving Size: 1 Parfait (48 g)</th>
<th>Servings per container: 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per serving: 128</td>
<td>Calories from Fat: 16%</td>
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<tr>
<td>% Daily Value*</td>
<td>Total Fat: 1g</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat: 0g</td>
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<tr>
<td></td>
<td>Trans Fat: 0g</td>
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<tr>
<td></td>
<td>Cholesterol: 0mg</td>
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<tr>
<td></td>
<td>Sodium: 150mg</td>
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<tr>
<td></td>
<td>Total Carbohydrate: 25g</td>
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<tr>
<td></td>
<td>Dietary Fiber: 2g</td>
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<tr>
<td></td>
<td>Sugars: 13g</td>
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<tr>
<td></td>
<td>Protein: 0g</td>
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<tr>
<td></td>
<td>Vitamin A: 9%</td>
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<tr>
<td></td>
<td>Calcium: 29%</td>
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<tr>
<td></td>
<td>*Percent Daily Values are based on a 2,000 calorie diet.</td>
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<tr>
<td></td>
<td>These values are for informational purposes only.</td>
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<tr>
<td></td>
<td>Depending on your caloric needs, values may be higher or lower.</td>
</tr>
</tbody>
</table>

### 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.

### For more information contact:

1.800.ASK.UGA1

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