BLUEBERRIES

FUEL YOUR FAMILY

Selection
- Blueberries are in season in the summer
- Remember to wash hands with warm water and soap for at least 20 seconds before and after handling fresh produce
- Pick blueberries that are firm, plump, and dusty blue in color
- Wash under running water before consuming

Health Benefits
- Blueberries contain phytochemicals that are associated with the prevention of cardiovascular disease, cancer, neurological diseases and the prevention and management of diabetes
- Good source of fiber
- Contains Vitamin C
- High in Vitamin A
- Low in sugar - ¼ cup has only 62 calories and 16 grams of carbohydrates

Storage
- Keep unwashed blueberries in the refrigerator for up to a week
- To freeze:
  - Place washed blueberries on parchment paper on a baking sheet in the freezer for 1 hour
  - Transfer blueberries into a container with a lid and store up to 9 months

Ways to Eat Blueberries
- Add blueberries in yogurt
- Add to smoothies
- Include in salads
- Mix in oatmeal
- Use as a topping on pancakes or french toast
- Eat blueberries by themselves!

Check out recipes with blueberries!
https://foodhero.org/recipes/categories/908

Source: https://snaped.fns.usda.gov/seasonal-produce-guide/blueberries
https://www.todaysdietitian.com/newarchives/100614p42.shtml

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.