



Blueberry Basics



In addition to their sweet, delectable flavor and visual appeal, blueberries are jam-packed with good nutrition. They're a convenient little berry – use them at home in baked goods, pancakes, salads, smoothies and sauces, or, simply rinse and eat – no peeling, pitting or slicing needed!

How to Buy Blueberries

Fresh blueberries are available year-round. You can buy North American blueberries from April through October, and South American blueberries from November through March. The peak season for fresh blueberries runs from mid-June to mid-August. Like fresh blueberries, frozen, canned and dried are never out of season.

When purchasing fresh blueberries, look for firm, plump, dry berries with smooth skins and a silvery sheen. Containers with juice stains indicate that the fruit may be bruised.

How to Store Fresh Blueberries

Refrigerate fresh blueberries as soon as you get them home, in their original plastic pack or in a covered bowl or storage container. Wash berries just before use. Use within 10 days of purchase.

How to Freeze Blueberries

The secret to successful freezing is to use berries that are unwashed and completely dry. Discard berries that look bruised or shriveled. Place the berries, still in their original plastic pack, in a re-sealable plastic bag. Or, transfer berries to freezer containers or resealable freezer bags. The berries will freeze individually and you can remove just the portion you need. Remember to rinse them before using.

BLUEBERRY SERVING SUGGESTIONS



Add blueberries to your favorite muffin recipe—about 1 cup for each batch of 12 muffins. Gently stir in the blueberries at the end (unthawed, if frozen).



Dot pancake batter with blueberries as soon as batter has been poured on the griddle.



Layer blueberries with flavored yogurt and granola cereal in a tall glass.



Sprinkle blueberries and chopped walnuts over dressed mixed salad greens.



Serve blueberries with yogurt or a scoop of cottage cheese.

