



BLUEBERRIES

Description

Blueberries are in season from early June through mid-July in Missouri. The deep blue color of blueberries comes from a phytochemical called anthocyanin, which may have the ability to help protect against heart disease. Blueberries are also a good source of vitamin C, vitamin K, manganese and potassium. Vitamin C aids in the body's healing process, while vitamin K is important in blood clot formation.

Selection

When selecting blueberries, choose berries with smooth, unbroken skin that is deep purple to nearly black in color. The best berries will be dry, plump, and firm to the touch.

Storing

After selecting blueberries, store them, unwashed, in a large, uncovered container. Washing and storing in an airtight container, can trap moisture and promote mold growth.

Preparing

Blueberries can be eaten fresh or washed and frozen for later use. They can be added to salads, smoothies, warm or cold cereal, or baked goods.

Recipe of the Month

Blueberry Compote

Ingredients:

- 2 cups fresh or frozen blueberries
- ¼ cup water
- 2 Tbsp sugar
- 1 Tbsp fresh lemon juice
- ½ tsp ground cinnamon

Directions

1. In a saucepan, combine 1 cup of blueberries, water, sugar, lemon juice, and cinnamon. Cook over medium heat until the mixture begins to boil and the berries begin to break.
2. Reduce heat to a simmer and mash the cooked berries.
3. Add the remaining berries and cook for an additional 5-7 minutes.

* *Compote can be served warm or cold.*

Nutrition Facts

Serving Size 1 cup fresh
blueberries (148g)

Amount per serving

Calories 85

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0mg	0%
Trans Fat 0mg	
Cholesterol 0mg	0%
Sodium 1.48mg	0%
Total Carbohydrate 21.5g	8%
Dietary Fiber 3.5g	13%
Total Sugars 14.7g	
Includes Added Sugars 0g	0%
Protein 1.1g	
Vitamin D 0mcg	0%
Calcium 8.8mg	1%
Iron 0.4mg	2%
Potassium 114mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Need help stretching your food dollars?

Contact your local resource center or go online to: mydss.mo.gov/food-assistance

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