July Blueberries

Nutrition Info
Blueberries provide vitamins C & E, manganese and fiber.

½ cup of blueberries has only 40 calories.

Fun Facts
Blueberries were once called “star berries” because the five points of blueberry blossoms make a star shape!

The U.S. grows and supplies about half of the world’s blueberries.

The blueberry is the second most popular berry in the U.S., second only to the strawberry.

Uses
Add fresh blueberries to homemade whole wheat pancakes, waffles and muffins.

Top your favorite cereal or oatmeal with a handful of fresh berries.

Make fresh fruit kabobs by stacking blueberries, kiwi and strawberries on toothpicks. Enjoy as is or dip in yogurt!

We Want to Hear From You!
Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate! Each month we’ll ask a new question… and give you a new chance to win!

Here’s This Month’s Question:
It’s picnic season in Wisconsin! What is your favorite summer picnic fruit or vegetable side dish (please include recipe)? Lighter versions (lower in fat and/or sugar) are particularly welcome.

To Enter:
Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than July 31st, 2014 by e-mail to HOMStories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Pick:
- Choose blueberries that are plump, dry, firm and have a dusty blue color.
- Avoid soft, mushy or moldy berries.

Store:
- Store fresh berries unwashed in a non-air tight container in the refrigerator for 5-7 days.
- Promptly remove soft berries from container to reduce spoilage.
- To freeze, place clean, dry berries in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 12 months.

Prepare:
- Rinse under cold water, just before consumption.

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Blueberry Crumble

Serves 8

Ingredients:
- 5 cups fresh or frozen blueberries
- Juice from one orange
- 1 tsp. vanilla extract
- 1 cup old-fashioned oats
- ¼ cup whole wheat flour
- ½ cup packed brown sugar
- ¼ tsp. ground cinnamon
- ¼ cup butter, softened

Directions:
Preheat oven to 350 degrees. In a bowl, combine blueberries, orange juice and vanilla. Spread the fruit mixture into an 8x8-inch baking pan. In a separate bowl stir together oats, flour, brown sugar and cinnamon. Cut butter into mixture until well combined. Sprinkle oat mixture over fruit mixture. Bake 45 minutes or until lightly browned and bubbly.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Color a Blueberry!