

Harvest of the Month



July



Blueberries



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.

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@lacsossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

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Nutrition Facts

Serving Size 1/8 pan (138g)
Servings Per Container 8

Amount Per Serving

Calories 210 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 55mg 2%

Total Carbohydrate 38g 13%

Dietary Fiber 4g 16%

Sugars 24g

Protein 3g

Vitamin A 4% • Vitamin C 25%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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!

