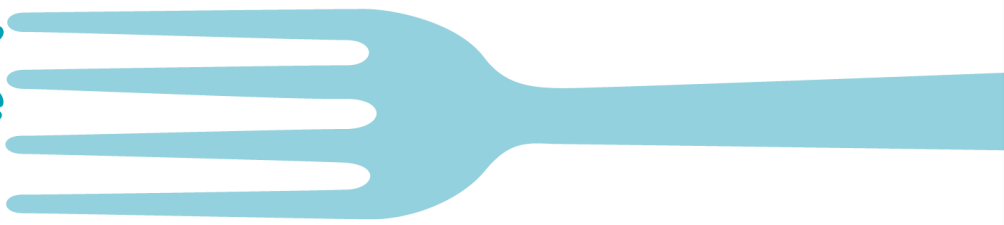


# Harvest of the Month



August



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!

### Suggested Books

*Blueberries for Sal* by Robert McCloskey

*Blueberry Mouse* by Alice Low

*Blueberry Girl* by Neil Gaiman

### Family Friendly Activity

Visit a blueberry farm this summer and pick and freeze your own blueberries!

# Harvest of the Month

## Blueberry Oatmeal Pancakes

Serves 6 (2 pancakes/serving)

### Ingredients:

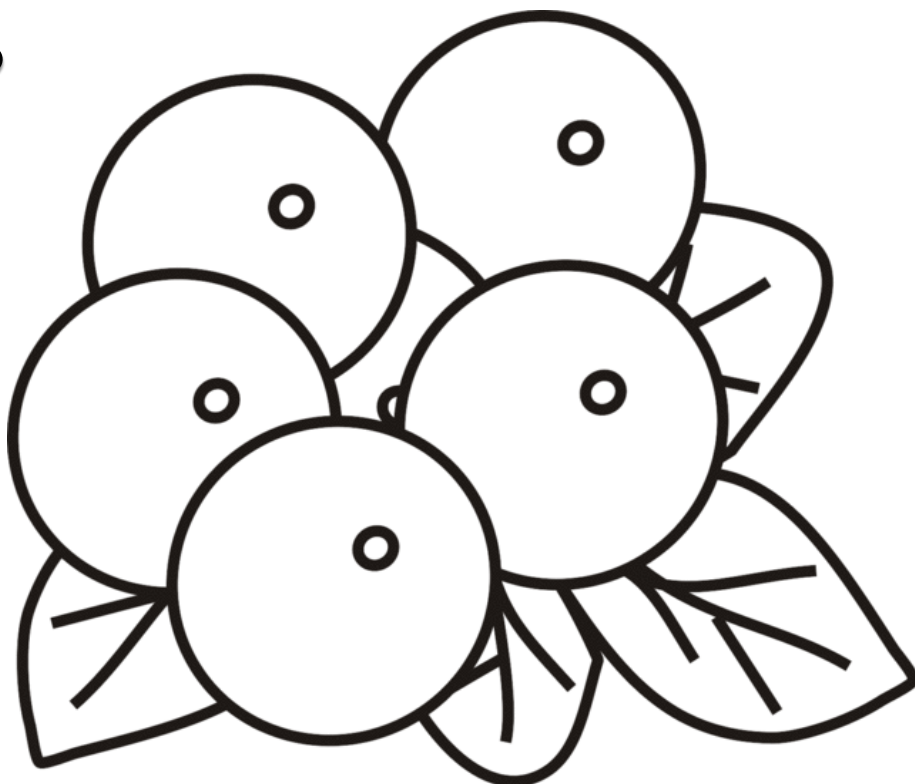
- 2 cups quick oats
- 2 cups buttermilk
- ½ cup whole wheat flour
- 2 Tbsp. sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ¼ tsp. salt
- 4 egg whites
- 2 Tbsp. olive oil
- 1 cup blueberries, fresh or frozen

### Directions:

In a large bowl, combine oats and buttermilk; let stand for 5 minutes. In a medium bowl stir together flour, sugar, baking powder, baking soda, cinnamon and salt. Add dry mixture, eggs, oil and blueberries to oatmeal; mix until combined. Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle. Cook until bubbles form and the edges are dry, about 4 minutes. Flip and cook until browned on the other side, about 4 minutes more. Repeat with remaining batter.

For more information on Farm2School & Foot Steps to Health visit [www.GetActiveLaCrosse.org](http://www.GetActiveLaCrosse.org)

Color a  
Blueberry!



## Nutrition Facts

Serving Size 2 pancakes (179g)  
Servings Per Container 6

Amount Per Serving

Calories 270    Calories from Fat 70

% Daily Value\*

Total Fat 8g    12%

Saturated Fat 1g    5%

Trans Fat 0g

Cholesterol 5mg    2%

Sodium 530mg    22%

Total Carbohydrate 39g    13%

Dietary Fiber 5g    20%

Sugars 12g

Protein 11g

Vitamin A 0%    • Vitamin C 4%

Calcium 15%    • Iron 15%

\*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