January 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 or frozen blueberries to homemade whole grain pancakes, waffles and muffins.

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

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

Blueberries are an easy fruit to freeze. Simply 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.

**Suggested Blueberry Inspired Books**
- *Blueberries for Sal* by Robert McCloskey
- *Blueberry Mouse* by Alice Low
- *Blueberry Girl* by Neil Gaiman

**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.

**Prepare:**
- Rinse under cold water, just before consumption.
Refreshed Corn and Blueberry Salad

Ingredients:
2 cups frozen sweet corn
1 cup blueberries
1 medium cucumber, diced
1/4 cup diced red onion
1/4 cup fresh cilantro, chopped
1 jalapeno pepper seeded and finely chopped
2 Tbsp. lime juice
2 Tbsp. olive oil
1 Tbsp. honey
1/2 tsp. ground cumin
1/2 tsp. salt

Directions:
Combine corn, blueberries, cucumber, red onion, cilantro, and jalapeno in a bowl. Mix together dressing ingredients, pour over salad, toss and chill for 30 minutes. Serve over grilled chicken or fish or as a topping for your favorite tacos.

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