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## Selection

When purchasing pre-picked berries, get ones that are fragrant and fully ripe. A uniform grey-blue color and should be shiny, firm and plump. Stains on the container indicates overripe fruit.

If picking your own, it is best to pick early in the morning or early evening, when the berries are cool. Keep stems and hulls on the fruit. Don't pile berries too high or the berries on the bottom will get crushed.

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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ◆ Wash vegetables under running water right before eating or using.
  - ◆ Refrigerate fruits and vegetables in perforated plastic bags.
  - ◆ Blueberries can be refrigerated for 5-7 days or, freeze them to keep them longer.
  - ◆ Keep produce and meats away from each other in the refrigerator.
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## Why Buy Local?

- ◆ What you spend supports the family farms who are your neighbors.
  - ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
  - ◆ Buying local lets you see and meet the people who produce our food.
  - ◆ You are making a healthy choice for you and your family.
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### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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## Blueberries

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## Uses

Blueberries have many uses and can be added to almost everything. They can be eaten fresh, in a salad, or in desserts, such as cakes or parfaits. For a breakfast treat, add them to muffins or sprinkle on top of cereal. They are a healthy substitute for candy or other snacks.



All-American Blueberry Muffins

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## Nutrition Facts

- ◆ Fat free
- ◆ High in Fiber
- ◆ Good Source of Niacin
- ◆ Good source of Iron
- ◆ Good source of Vitamin C

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An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements

Primary Sources: Penn State Extension; Wisconsin Berry Growers Association; U.S. Highbush Blueberry Council; Photos found on Goggle Images

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## Try It!

### All-American Blueberry Muffins

#### INGREDIENTS

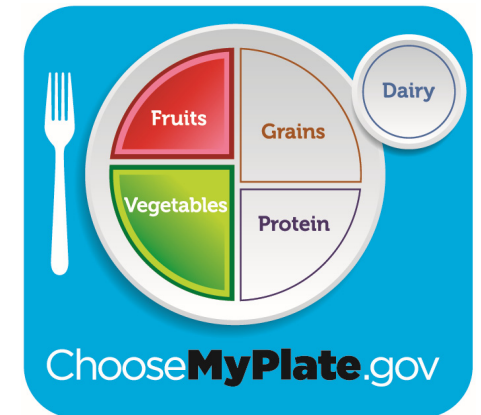
1 1/2 cups	Sugar
3/4 cups	Shortening
3 cups	Flour
3/4 tsp.	Salt
4 tsp.	Baking powder
1/4 tsp.	Cinnamon
1/2 tsp	Nutmeg
3	Eggs
1 1/2 cups	Milk
1 tsp.	Vanilla
1 quart	Fresh blueberries

#### INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Combine the sugar and shortening until fluffy.
3. Add eggs and beat again.
4. Slowly begin adding the dry ingredients.
5. Add milk and vanilla. Mix in blueberries, gently.
6. Pour into pre-sprayed muffing tins.
7. Bake for 20 - 30 minutes or until golden

Yield: 12 muffins

Recipe retrieved from [www.recipesource.com](http://www.recipesource.com)



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## History & Fun Facts

Botanists estimate blueberries are over 13,000 years old!

Native Americans have been gathering blueberries from the forests and bogs for centuries. They used parts of the plants for medicine; tea from the leaves thought to be good for their blood and the juice for treating coughs.

Blueberries were picked by hand until 1822 when the blueberry rake was invented by Abijah Tabbutt of Maine.