

# BLUEBERRIES



## Nutrition & Storage

*Michigan-grown blueberries  
are available during*  
**JULY AND AUGUST**

### GOOD FOR YOU

**Blueberries are a superfood!**

*Low in calories and loaded with  
antioxidants and important vitamins  
and micronutrients, blueberries are  
one of the most nutritious fruits!*

### Make them last

- Select fruits that are not bruised or damaged
- Wash before using
- Store in refrigerator in a paper towel lined container with good air circulation
- Select plump blueberries, indigo blue in color

### How much?

3/4 lb = 2 cups fresh, 1 pint frozen

10 lb carton = 26 cups

13 pints frozen = 9 pints canned

12 lbs = 7 quarts canned



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# BLUEBERRIES

## Pick some for later

*Fresh blueberries are easy to freeze and enjoy in pancakes, muffins and smoothies at any time of year. To quickly freeze blueberries, simply rinse and remove the stems, then place in a single layer on a cookie sheet in your freezer. Once frozen, seal berries in an airtight container or bag.*

For additional freezing and canning instructions, visit [http://msue.anr.msu.edu/resources/michigan\\_fresh\\_blueberries](http://msue.anr.msu.edu/resources/michigan_fresh_blueberries)

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## Yogurt Berry Parfait

SERVES 4

### INGREDIENTS

2 c yogurt (low-fat or fat-free, plain or vanilla)

1 c frozen banana (sliced)

1/2 c frozen blueberries

1/2 c frozen strawberries (sliced)

Other optional frozen fruit

(raspberries,

peaches, pineapple or mangos)

1 c granola

### PREPARATION

1. Thaw the fruit.
2. Line up 4 parfait or other tall glasses.
3. Spoon about 1/4 cup of yogurt into each glass.
4. Top with about 1/4 cup of fruit.
5. Sprinkle with 2 tablespoons of granola.
6. Repeat the process.

For more recipes, visit [www.canr.msu.edu/mi\\_fresh/](http://www.canr.msu.edu/mi_fresh/) or [Health4U.msu.edu](http://Health4U.msu.edu)



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