

Blueberries

- Choose blueberries that are firm and not wrinkled.
- Refrigerate for up to 3 days or rinse, place in a plastic bag and freeze for up to 3 to 6 months.
- Before eating, rinse, remove the stems and enjoy!
- Blueberries have vitamin A, which is good for your eyes and skin.



Blueberry Thyme Fruit Salad

Ingredients:

1 cup blueberries
4 peaches or nectarines, chopped
1 tablespoon chopped fresh thyme
2 teaspoons peeled and minced fresh ginger
2 tablespoons lemon juice or more, to taste
2 tablespoons water
1 peach, grated
1 teaspoon grated lemon peel

Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Serve and enjoy!
4. Refrigerate leftovers.

Makes 6 servings. Adapted from simplyrecipes.com.

Blueberry Grape Relish

Ingredients:

2 cups blueberries
2 cups seedless red grapes
1 tablespoon honey
1 tablespoon peeled and minced fresh ginger
1 teaspoon chopped fresh rosemary
2 tablespoons red wine vinegar
Salt and pepper to taste

Directions:

1. In a large frying pan, over medium-high heat, combine blueberries, grapes, honey, ginger, rosemary and vinegar.
2. Bring to a boil, then reduce to low heat and simmer for 15 minutes.
3. Remove pan from heat and season with salt and pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 10 servings. Adapted from marthastewart.com.

Quick Tips

- Sprinkle on hot or cold breakfast cereal or low-fat yogurt.
- Blend blueberries with ice and your favorite fresh or frozen fruit to make a smoothie.

Kids can:

- Rinse blueberries before eating.
- Place blueberries in a bowl or bag for an easy snack at home or on the go.