

Eat Healthier with Georgia Grown Blueberries

Blueberries

Georgia Grown

Blueberries are so versatile you can find a way to include them in every meal. And the conclusions from USDA Agricultural Research Service scientists are that you should be including them and other high antioxidant foods in every meal. A one-cup serving for adults has only 80 calories and 14 percent of your daily dietary fiber.

Freezing is a good (and easy) way to preserve blueberries for use throughout the entire year. Some claim that washing the blueberries before freezing causes the skins to toughen, while others claim the opposite. Whether you wash them or not before freezing, they should be dry when put into the freezer so they don't stick together and freeze into a

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solid mass. Blueberries can be frozen in zip-lock bags or freezer containers.

A few ways to use Blueberries



Use fresh blueberries to garnish your morning grapefruit. Add them to fruit salads with cantaloupe, honeydew and watermelon. Blueberries can even be added to green salads. Try a salad of spinach or mixed greens with blueberries, roasted pecans, mandarin orange slices and gorgonzola or blue cheese. Try fresh blueberries on cold cereal or hot oatmeal. Frozen blueberries can be used on cold cereal by thawing them for a few minutes in warm water. Put some frozen blueberries and a frozen banana in a blender with some plain or vanilla yogurt to create a delicious smoothie. Experiment and create your own smoothie recipes combining blueberries with other frozen fruits such as strawberries and peaches.

Georgia Blueberry Salsa

A recipe from Marcia Crowley in the Georgia Grown Test Kitchen at the Georgia Department of Agriculture

- 2 cups coarsely chopped fresh Georgia blueberries
- 1 cup whole Georgia blueberries
- ¼ cup fresh lime juice
- 3 tablespoons chopped fresh cilantro
- 2 jalapeno peppers, seeded and minced
- 1/3 cup diced red bell pepper
- 1 teaspoon salt
- Combine all ingredients, cover and chill for 8 hours



Cook's note: This salsa holds up very well for several days in the refrigerator. We tried this with blue corn chips, and it was delicious. It would also be good with chicken.

