



# **SIMPLY GOOD FOOD**

## **BLUEBERRIES**

Wild blueberries have always been a part of our American heritage. The American Indian was the first to gather blueberries. Eaten raw or baked, they also dried them for use in winter in their soups and stews. Blueberries have been grown and canned commercially since the American Civil War. Washington, Oregon, Michigan, Maine and British Columbia are the largest producers.

Blueberry varieties differ slightly in size and flavor; most are seedless, with a crunchy texture and a sweet mild flavor that is enhanced by a little lemon juice.

Fresh berries should be plump and firm, with a light grayish bloom.

Blueberries are rich in vitamin C, potassium and dietary fiber. One half cup is considered a serving and has only about 45 calories.

Sources: The Good Housekeeping Illustrated Cookbook  
A Reference Guide "To Fruits & Vegetables from Around the World"  
Produce Marketing Association

**Season:** Summer months, mostly June and July.

**Look for:** Plump, fresh, uniformly colored fruit, free of stems or leaves. Avoid fruit that is moldy, crushed or bruised, or that has leaked moisture through the carton.

**To store:** Refrigerate. Use within 1 or 2 days.

**To serve:** Serve fresh berries with sugar and milk or over cereal. Eat out of hand. Use fresh or canned in recipes for salads, pies, muffins, coffeecakes, desserts, jams and sauces.



## BLUEBERRY SALAD

2 packages black raspberry Jello (in 2  
Cups hot water and juice)  
1 can blueberries  
1 small can crushed pineapple.  
drained (reserve 1 cup juice)

1 (8 ounce) package cream cheese  
½ cup sugar  
1 small carton sour cream  
½ cup chopped pecans (optional)

Mix Jello with hot water; let cool. Add blueberries and pineapple. Then cream the cheese with the sugar and the sour cream. Spread the cream mixture over the Jello. Sprinkle with pecans on top of mixture if you like them. Let chill in refrigerator for several hours.

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## BLUEBERRY-ICE CREAM MUFFINS

1 cup vanilla ice cream, softened  
1 teaspoon cinnamon

1 cup self-rising flour  
1 cup blueberries

Combine: ice cream, flour and cinnamon in bowl, mixing well.

Stir in blueberries

Fill: greased, miniature muffin cups ¾ full

Bake: at 350 degrees for 20 to 25 minutes or until brown

Yields: 24 servings

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## BLUEBERRY COFFEE CAKE

1 package lemon cake mix  
⅔ cup milk  
16 ounce can blueberries, drained

½ cup margarine or butter, softened  
2 eggs

Heat oven to 350° F. Grease and flour a 13 X 9 inch pan. In large bowl, combine cake mix and margarine at low speed until crumbly. Reserve 1 ¼ cups crumbs for topping. To remaining crumbs, add milk and eggs; beat 2 minutes at highest speed. Pour into prepared pan. Arrange blueberries evenly over batter. Sprinkle with reserved crumbs.

Bake at 350°F for 35 to 45 minutes or until toothpick inserted in center comes out clean. Cool completely. If desired, served with whipped cream. Refrigerate leftovers. 12 servings.

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Supporting State Extension Goal: Health, Safety and Well Being

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