

BLUEBERRIES

cyanococcus

BENEFITS

- MAINTAIN**
healthy bones
- LOWER**
blood pressure
- PROTECT**
against heart disease
- PREVENT**
cancer
- IMPROVE**
mental health

ANATOMY

SKIN **FLESH** **SEED** **CALYX**
(green inside) (center core)



TASTE

Fresh blueberries are delightful and have a slightly sweet taste that is mixed with a little bit of acid from the berry. Some berries are tarter than others, while sweeter blueberries do exist. Unripe berries will be tart and can even border on sour.

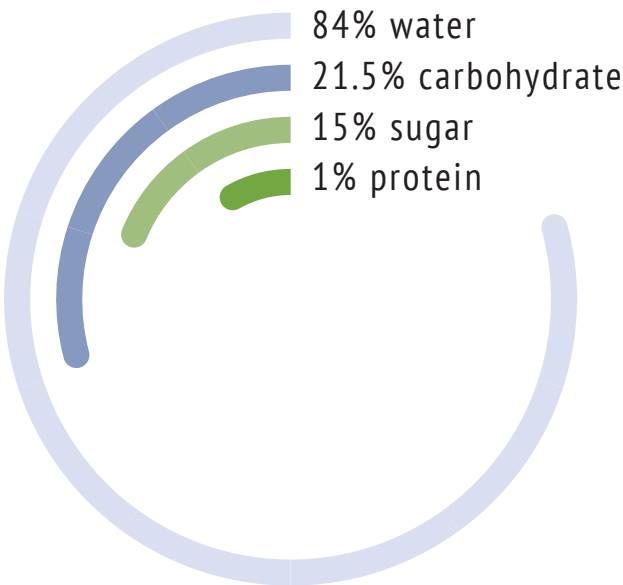
SEASON

The North American blueberry season is from April-October, but in Michigan, blueberries are best between the months of July and September.

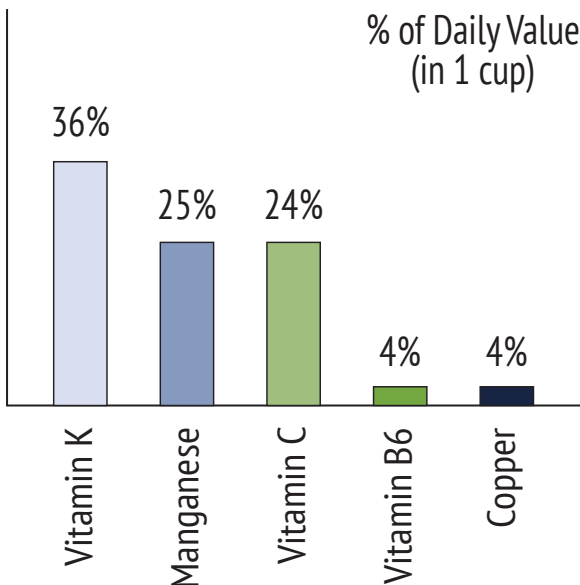
85

calories / cup
1 cup = 146g

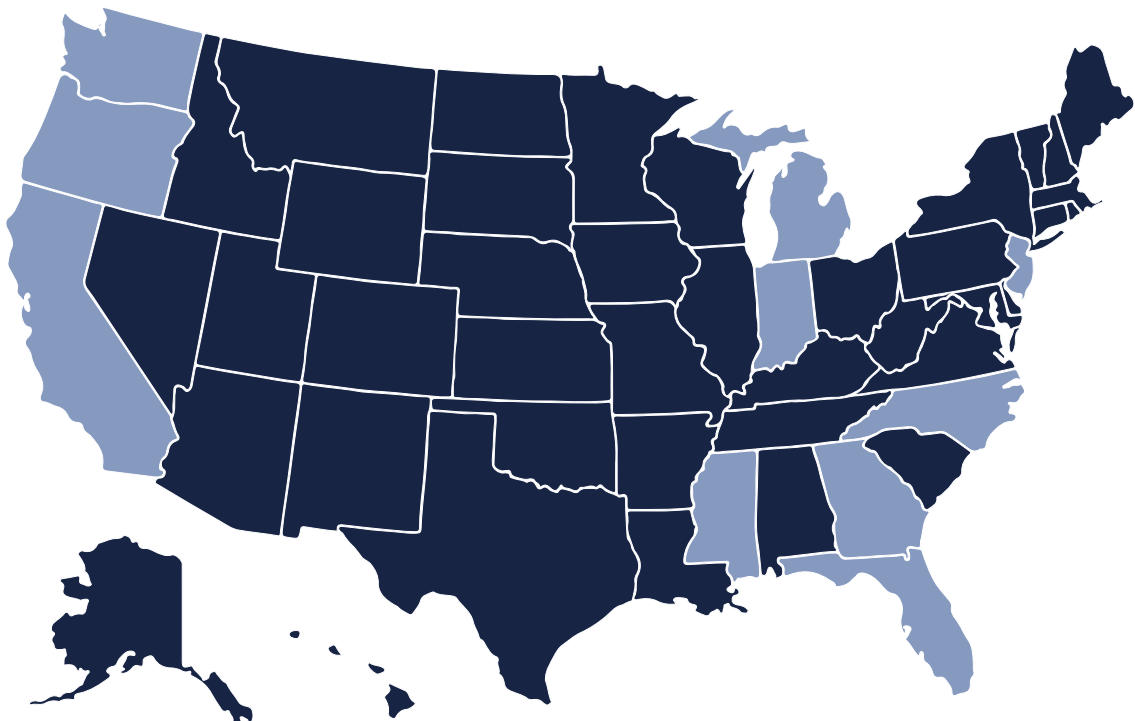
NUTRITION FACTS



DIGESTION



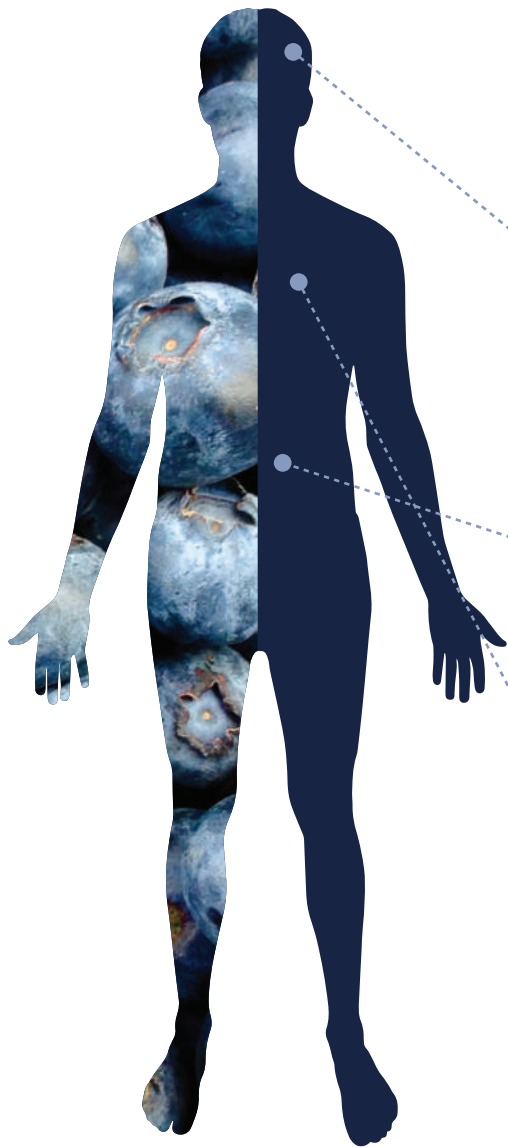
VITAMINS & MINERALS



USA MARKET

Blueberry bushes can pop up all over the U.S. and 38 states grow blueberries commercially.

However, 10 states account for more than 98% of U.S. commercial production: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon and Washington.



WELLNESS

BETTER BRAIN HEALTH

The flavonoids in blueberries can reduce your risk of cognitive decline and dementia by enhancing circulation and protecting brain cells from damage.

REDUCED RISK OF DISEASE

The antioxidants in blueberries may lower your risk of a whole host of chronic illnesses by limiting inflammation and fighting free radicals.

A HEALTHIER HEART

Some studies have linked eating blueberries with decreased blood pressure. Since they're loaded with polyphenolic compounds that help your blood vessels, blueberries count as a cardioprotective food.

COOKING WITH BLUEBERRIES

Blueberries are available fresh, frozen, freeze dried, and in jellies, syrups, and jams. Be sure to check the label of frozen and dried blueberries for added sugars. When selecting jellies or jams, choose all-fruit spreads without added sweeteners, juices, or fillers. Try these healthy and simple recipes:



BLUEBERRY CHIA SMOOTHIE

- 1 frozen banana
- 1/2 cup blueberries
- 1 tablespoon peanut butter
- 1 tablespoon chia seeds
- 1 scoop vanilla protein powder
- 1/2 cup kefir
- 1/4 cup coconut water

Place all ingredients in a blender and pulse until smooth
Serve immediately



LUSCIOUS BLUEBERRY JAM

- 8 cups fresh blueberries
- 2 tablespoons lemon juice
- 1 package (1-3/4 ounces) powdered fruit pectin
- 7 cups sugar

Mash blueberries
Transfer to a Dutch oven
Add lemon juice
stir in pectin
Bring to a full boil
Stir in sugar
Return to a full boil
Boil for 1 minute
Remove from the heat
Ladle into jars or freezer containers and cool to room temperature



BLUEBERRY VINAIGRETTE

- 1/4 cup olive oil
- 1/4 cup blueberry preserves
- 2 tablespoons balsamic vinegar
- 2 tablespoons maple syrup
- 1/4 teaspoon ground mustard
- 1/8 teaspoon salt
- Dash pepper

In a small bowl, whisk together vinaigrette ingredients; refrigerate, covered, until serving
Whisk again before serving



BLUEBERRY SIMPLE SYRUP

- 1 cup blueberries
- 1 cup warm water
- 1 cup white sugar
- 1 teaspoon lemon juice

Mix blueberries, water, and sugar together using a whisk in a small saucepan over low heat until sugar is dissolved, about 5 minutes
Increase heat to medium and bring a gentle boil, stirring often, until syrup is thick, about 15 minutes
Whisk in lemon juice
Serve immediately or cool.

SOURCES

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