



# Produce Spotlight on **BLUEBERRIES**



**Blueberries** have many health benefits. They are a great source of fiber, which may reduce the risk of heart disease. They contain immune-boosting vitamin C in addition to vitamin K and folate, two nutrients important for blood health. Blueberries are rich in antioxidants, which come from plants and may lower the risk of chronic diseases.

## Serving Ideas

- Add blueberries to cereals, yogurt, or fruit smoothies.
- Top a savory green salad with fresh blueberries for subtle sweetness.
- Add blueberries to whole-wheat pancakes, waffles, and muffins.
- Create a blueberry grain bowl. Experiment with different grains, vegetables, and toppings.

## Blueberry Math

1 quart of blueberries = 2 pints and  
4 cups of blueberries = 8 servings.



## Shopping for Blueberries

Choose blueberries that are firm, dry, plump, and smooth-skinned. Look for berries that are deep purple-blue to blue-black in color with a light “frost.” Avoid soft, shriveled, or moldy berries. Check the container for stains, which is a sign that some fruit has been crushed. In season, fresh blueberries are abundant at farmstands or at pick-your-own farms. Out of season, frozen blueberries are a cost-saving option.

## Common Types

**Highbush** – The most common variety of blueberries grown in the United States. They are a large, plump, and sweet fruit.

**Lowbush** – This variety is typically sold as wild blueberries. They are a smaller berry with intense flavor, and are often grown in Maine.

## Storage and Preparation

- Rinse berries under cool running water. Remove any moldy or shriveled berries before eating or storing.
- Refrigerate blueberries in a covered container with holes to allow airflow. Eat refrigerated berries within 10 days.
- For longer storage, place clean, dry berries on a baking sheet and put in the freezer. Once the berries are firm, place them in a freezer bag or container, removing any excess air. Label and date. For best quality, use frozen berries within 10 months.

## Using Locally Grown Produce

Visit the UMass Extension Nutrition Education Program’s [website](#) featuring recipes using fruits and vegetables. To locate places to buy local produce, visit [www.mass.gov/massgrown](http://www.mass.gov/massgrown).

