



# Blueberries

**Plant:** Remove from pot and lightly roughen up the outside surface of the root ball. Set the top soil line of the plant about 1-2 inches higher than the existing ground and firm around root ball. Plant plants 4-5 feet apart in sunny, well drained area. Blueberries prefer an acidic soil of pH of 4.09 to 5.0.

**Grow:** Water heavily the first 2 weeks. Must experience cold (36 degrees F or less) for at least 6 weeks annually

**Harvest:** Blueberries will be ready for picking in late June - August. Don't rush to pick the berries as soon as they turn blue. Wait a couple days. When they are ready, they should fall off right into your hand. Full production is reached after about 6 years.

Blueberries, ½ cup fresh	
<b>Nutrition Facts</b>	
Serving Size (74g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 40	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 10%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Nutritional Information:

Blueberries have high levels of antioxidants and fiber. Blueberries also contain vitamin C, vitamin A, iron, calcium, manganese, vitamin K, vitamin E, zinc, phosphorus and selenium. Blueberries' high flavonoid is of scientific interest for its possible protection against dementia.

**How to Prepare:** Wash blueberries just before eating and enjoy them fresh, mixed with other berries, on top of yogurt or cereal or even salad! You can also add them to smoothies or baked goods such as waffles and muffins. Blueberries are one of the easiest fruits to freeze. Wash, dry thoroughly, and pop them in the freezer in Tupperware or a plastic bag. You'll have berries all winter long.



## Breakfast Quinoa with Blueberries

**Yields:** 2 cups

**Serving size:** 1/2 cup

### **Ingredients**

- 2 cups low-fat milk
- 1 cup quinoa, rinsed
- 3 tablespoons light-brown sugar
- 1/8 teaspoon ground cinnamon
- 1 cup (1/2 pint) fresh blueberries

### **Preparation**

1. 2 cups whole or low-fat milk, plus more for serving
2. 1 cup quinoa, rinsed
3. 3 tablespoons light-brown sugar, plus more for serving
4. 1/8 teaspoon ground cinnamon, plus more for serving
5. 1 cup (1/2 pint) fresh blueberries, plus more for serving
6. Serve in 1/2 cup portions.

### **Nutrition Facts per Serving:**

257 calories, 2 g fat, 48 g carbohydrates, 4 g fiber, 10 g protein