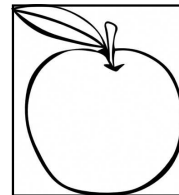


In the
garden:

BLUEBERRIES



<http://www.birdbgone.com/wp/wp-content/uploads/2014/06/Blueberry-netting.jpg>

<http://www.gardenweasel.com/wp-content/uploads/2014/07/pick-blueberries.jpg>

http://lghhttp.17653.nexcesscdn.net/808B16/cdn_images/media/catalog/product/cache/1/thumbnail/9df78eab33525d08d6e5fb8d27136e95/fv369-a.jpg

Ready to eat:



<http://science-all.com/images/blueberry/blueberry-06.jpg>



<http://cdn-image.myrecipes.com/sites/default/files/styles/300x300/public/image/recipes/ay/10/11/blueberry-parfaits-ay-x.jpg?itok=PFytriqR>



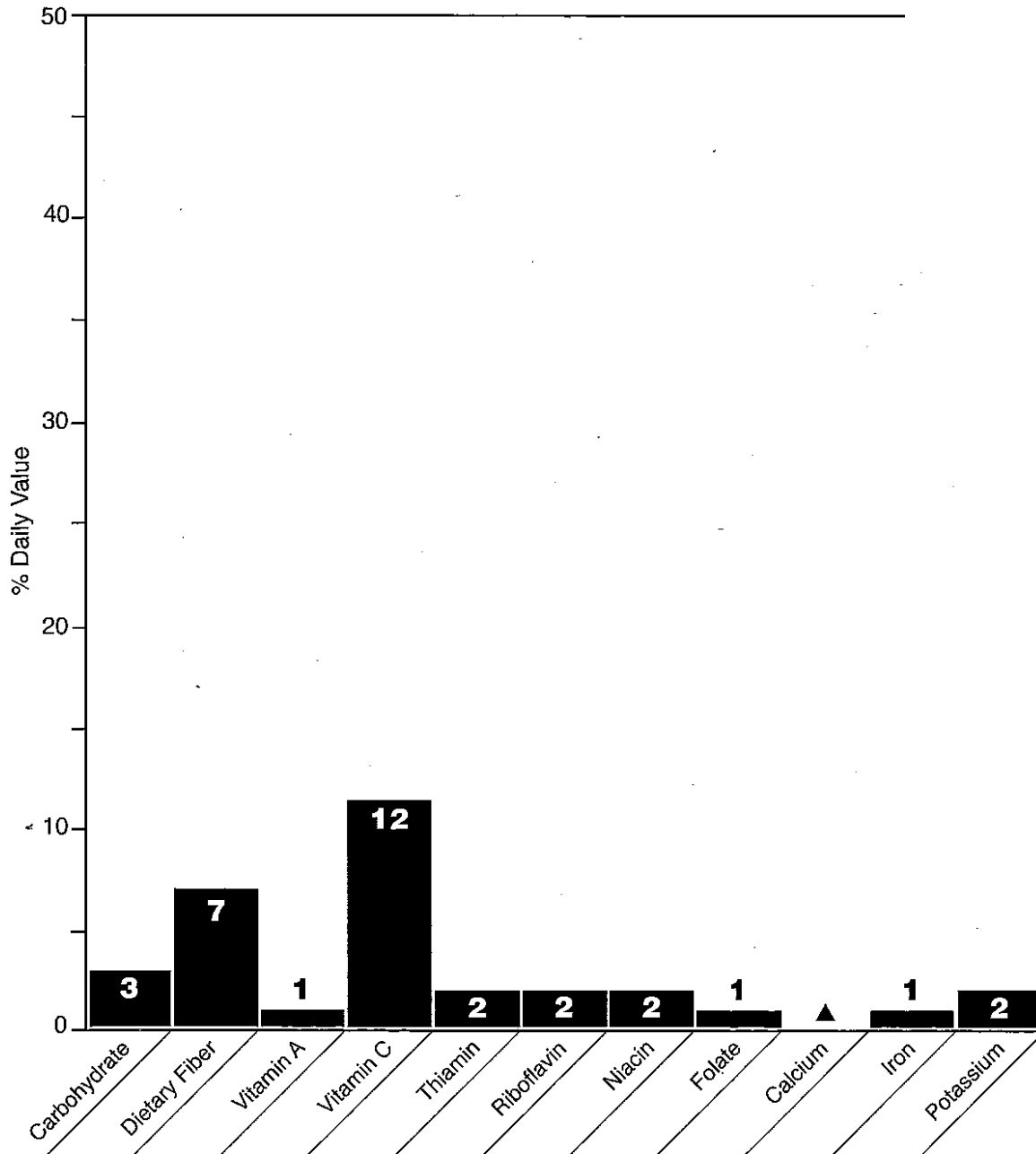
<http://www.dirtylaundrykitchen.com/wp-content/uploads/2015/02/Crunchy-Blueberry-Avocado-Salad.jpg>

FUN FACTS:

- There are over 50 varieties of blueberries!
- Blueberries are also called Star Berries.
- Blueberries grow in clusters on bushes, but they do not ripe at the same time.

Blueberries

Nutrition Facts



Serving Size

1/2 Cup
 72 Grams
 41 Calories
 5% from fat
 4% from protein
 91% from carbohydrate
 0.5 Gram Protein
 10 Grams Carbohydrate
 2 grams dietary fiber
 0.2 Gram Fat
 61 Grams Water
 1 Milligram Sodium

▲ Trace

From California Department of Education, 2007

Blueberries are high in antioxidants which help fight diseases like cancer.

Crunchy Blueberry Parfait

Ingredients:

- 1/2 cup non-fat vanilla or plain yogurt
- 1 cup blueberries (fresh or frozen- thaw frozen berries)
- 1/2 cup low-fat granola or crunchy cereal

Directions:

- Spoon yogurt into a bowl.
- Top with fruit and granola.
- Eat and enjoy.

* This makes a great breakfast or snack!

Source: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/crunchy-berry-parfait>



Storage tips:

- Blueberries should last up to two weeks if they are freshly picked.
- Keep blueberries refrigerated and unwashed in a covered container. Wash just before eating.

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USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



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