



presents

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



BLUEBERRIES

#JerseyTastes
www.farmtoschool.nj.gov



JERSEY TASTES

HARVEST OF THE MONTH

JANUARY NEWSLETTER

Did you know
that blueberries
are the state fruit
of New Jersey?

Believe it or not...

blueberries were not grown by farmers until 1916 in New Jersey. In fact, blueberries were going wild in the New Jersey Pine Barrens acidic soils. If someone before 1916 wanted to chow down on these sweet blue bites,



they had to forage for them on their own! It wasn't until the daughter of a New Jersey farmer named **Elizabeth Coleman White** from Whitesbog, NJ was curious enough to try to

cultivate blueberries. With the help of botanist **Frederick Coville**, they were able to cross-breed wild varieties of

blueberries that had the desired characteristics to create the high bush variety of blueberry that is seen in grocery stores today! New Jersey is currently ranks 8th in national blueberry production, producing about





50 million pounds every year. Local New Jersey farms open their blueberry patches for the public to pick their own Jersey Fresh blueberries in the summer. Find your local farm by

visiting: jerseyfresh.nj.gov/find/pickyourown.html



HEALTH SCOOP

 Blueberries are a great source of vitamin C & fiber!

 Blueberries contain a powerful nutrient called antioxidants that protect against heart disease & cancer.

Berry interesting...

The Native Americans believed that during a time of starvation, "The Great Spirit" sent down star berries (aka blueberries) from the sky to feed them.

LET'S MAKE A SNACK!

Frozen yogurt covered blueberries are a great snack to make with you or your family! Start by **washing your blueberries** and lining a small baking sheet with parchment or wax paper. Using a toothpick, **dip each blueberry into nonfat plain Greek yogurt** and swirl until the blueberry is nicely coated with yogurt. Place baking sheet into the freezer, and let **freeze for at least an hour**. Store in ziplock baggies. **Enjoy!**
TIP: try different flavored nonfat Greek yogurt

*Recipe from familyfreshmeals.com

Blueberry Lassi

*Recipe from Food52.com

Ingredients

- 1 1/4 cups blueberries
- 1 1/2 cups yogurt (not Greek)
- 1/2 lemon juiced
- 2 tablespoons honey
- 1/4 teaspoon freshly grated ginger
- Handful of ice cubes

Directions

1. Combine blueberries, yogurt, lemon juice, honey and ginger in a blender. Pulse a few times to combine.
2. Add the ice cubes and blend until smooth. Serve immediately.



THE EVERYDAY GUIDE TO

frozen Blueberries



Simplify your prep while enriching your meals with frozen blueberries. Available all year, they are specially picked for ripeness and frozen at the peak of freshness, straight from the farm. Read on to learn more about how well these little blue dynamos® fit into your day.

5 EVERYDAY USES

Breakfast Treat * Smoothie * On-The-Go Snack * Salad Dressing * Dessert



Thaw and sprinkle on cereal, oatmeal or yogurt



Whip with your favorite fruits and veggies



Keep a stash of frozen blueberries handy



Blend with olive oil, balsamic vinegar, salt and pepper



Thaw and pour over ice cream

FROZEN = NO-HASSLE EATING

- ☉ Fewer trips to the store
- ☉ Always fresh, always ripe
- ☉ No peeling, chopping, pitting



FOOD FOR THOUGHT

Blueberries retain their healthful nutrition when frozen.