



# Helping Mississippians live happier, healthier lives!

## BLUEBERRIES

Did you know blueberries are available in almost 20 different varieties in Mississippi? They are a healthy, sweet treat to add



to breakfast items, smoothies, or snacks. They are also delicious all by themselves. Enjoy some healthful tips and recipes for the entire family!

### GROW

▶ Blueberries are in season in Mississippi from May through July. Many locations across Mississippi can be found where you can pick your own fresh blueberries. Keep an eye out for local blueberries through the summer months!

### SELECT

▶ If buying packaged blueberries, avoid mold, moisture, and stains. Fresh blueberries should be blue. They should feel plump and firm. Throw out blueberries that are damaged. If frozen, avoid a big lump in the bag or container. This could be a sign of improper storage.



### BENEFIT

▶ Blueberries are a good source of vitamins and minerals. This includes vitamin C, potassium, and folate. They are an easy way to add fiber to any meal or snack.



FUN WITH FOOD

### CHILDREN CAN HELP

Taking children to pick blueberries is a great hands-on learning experience. This allows them to pick their own and see how they are grown. They can also select blueberries at a farmers market or grocery store. In the kitchen, children can help by rinsing with cold water. They can also help place them in a plastic container for storage in the refrigerator or freezer. Blueberries are easy to handle, so let children help add fruit as toppings or ingredients. A fun activity could include making fruit and yogurt parfaits.



ENJOY



## OVERNIGHT OATS WITH BLUEBERRIES

- ½ cup blueberries (fresh or frozen)
  - ½ cup uncooked old-fashioned oats
  - ½ cup low-fat yogurt
  - ¼ cup low-fat milk
1. Wash your hands well with soap and warm water for at least 20 seconds.
  2. Wash blueberries and set aside to drain on paper towels or in a colander.
  3. Combine blueberries, oats, yogurt, and milk in a jar or container with a lid, and shake to combine ingredients. Chill in the refrigerator overnight or for at least 6 hours.
  4. Refrigerate leftovers within 2 hours.

### LEARN MORE:

► To learn more about freezing or storing blueberries, visit [HappyHealthy.MS](https://HappyHealthy.MS) and click on Tips and Videos.

- How to Freeze Fresh Fruits and Vegetables
- How to Store Fruits and Vegetables



## BERRY BLAST OFF

- 1 cup strawberries
- 1 cup low-fat granola
- 1 cup blueberries or other fruit
- 1 cup low-fat yogurt, plain or vanilla



1. Begin with four small glasses or clean, wide-mouth jars.
2. Wash your hands well with soap and warm water for at least 20 seconds.
3. Wash all fruit with cool water. Drain in a colander.
4. Cut the strawberries into pieces.
5. Put ¼ cup of strawberries into the bottom of each glass.
6. Sprinkle ¼ cup of granola over the strawberries in each glass.
7. Add ¼ cup of blueberries on top of the granola.
8. Spoon ¼ cup of yogurt on top of the blueberries.
9. Garnish with fresh fruit or granola (optional).
10. Refrigerate leftovers within 2 hours.



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EXTENSION

Publication 3522 (POD-04-24)

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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. ANGUS L. CATCHOT JR., Director