



# 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.



### BENEFITS

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.





## FRUIT SALSA

### INGREDIENTS

- 1 pound strawberries (or 2¾ cups sliced)\*
- 2 peaches\*
- 8 ounces blueberries (or 1 cup)
- 3 tablespoons sugar-free strawberry preserves

\*You can use other fruits, depending on what is fresh or on sale. Or choose the fruits your family likes best. Other good fruits to use are apples, blackberries, raspberries, grapes, and melons.

### DIRECTIONS

1. Wash your hands well with soap and warm water for 20 seconds.
2. Rinse all the fresh fruit with cool water.
3. Drain in a colander.
4. Peel the peaches and remove the pits.
5. Cut all the fruit into small pieces.
6. Put the fruit into a large bowl.
7. Add the strawberry preserves to the fruit.
8. Stir gently until the fruit and preserves are mixed well.
9. Serve with Baked Tortilla Chips. (recipe found at [HappyHealthy.MS](http://HappyHealthy.MS)).
10. Refrigerate leftovers within 2 hours.



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## BERRY BLAST OFF

### INGREDIENTS

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



### DIRECTIONS

1. Get out four small glasses or wide-mouth jars.
2. Wash your hands well with soap and warm water for 20 seconds.
3. Wash all fruit with cool water. Drain in a colander.
4. Cut the strawberries into slices.
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. Serve.
11. Refrigerate leftovers within 2 hours.

### LEARN MORE:

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

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

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