



Blueberries

Like other berries, a wonderfully ripe blueberry just bursts with juicy, tart flavor. While blueberries are available year-round in stores, the best quality and lowest prices will be mid- to late-summer when the berries are in-season.



Nutrition

- Nutritionally, a 1/2-cup of blueberries contains around 40 calories, 10g carbohydrates, 2g fiber, and is a good source of vitamin C, folate, and vitamin K.
- Like many fresh fruits, blueberries contain no significant amount of fat, protein, or sodium.



Shopping

- Blueberries should be a deep blue-purple color, firm, and plump.
- Avoid berries that are mashed, shriveled, or have wrinkled flesh.
- If choosing processed blueberries, such as juiced or frozen, look for those without added sugar.



Price

- Fresh blueberries cost on average \$4.40 per pound and frozen blueberries average \$3.50.
- These are certainly one of the more expensive fruits, so look for good quality berries before you buy.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices

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Storage

- Keep unwashed berries in your refrigerator for up to a week, discarding soft or wrinkled berries.
- Like other fresh fruits, washing berries before storage leads them to spoil quickly.



Preparation

- Wash blueberries before eating or using in recipes. Remove small stems, if any are present.
- **Preserve at Home**
 - Can blueberries as jam or jelly, freeze whole, or even dehydrate berries into a fruit leather.
 - Visit the "National Center for Home Food Preservation" at nchfp.uga.edu for recipes and instructions.



Eat

- Enjoy blueberries as a fruit side to meals, a snack, in sweet dishes such as bakery items and fruit salads, and in savory recipes, like lettuce salads and sauces for meat.

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