

# Blueberries



## Selecting

Blueberries are small, round dark blue juicy berries. They are either the 'low-bush' or 'high-bush' varieties. The low-bush variety is grown in the wild, with berries that are smaller and more intense in colour and flavour than the cultivated high-bush variety. Cultivated high-growth bushes can grow 6-8 feet tall.

When making your selection, look for firm, dry, plump berries. They should have a powdery look on the surface, which is an indication of freshness. Their colour should be a uniform

shade of blue. If berries have a reddish tinge, they are not ripe and will not ripen further.

## Storing

When you get the blueberries home, remove them from the basket and remove any spoiled berries. Place the rest of the berries back into the original container and store in the fridge for up to 10 days. Do not wash the berries until you are ready to eat them.

Blueberries also freeze well. Wash first and make sure they are completely dry before freezing. Spread in a single layer

on a baking sheet and freeze until solid. Transfer the berries to a freezer bag or plastic container and place in the freezer. Berries will last up to 6 months once frozen.

## Preparing

When you are ready to use the blueberries, place the berries in a colander and swish gently in a bowl of cold water. Drain and pat dry before eating.

## Eating

Blueberries are delicious as is, once washed. They are also great additions to salads, pies, crisps, jams and muffins.

## Seasonality

Blueberries are in season from July to September.

## Nutrition

A 1/2 cup of blueberry has 44 calories. Blueberries are a source of fibre and Vitamin C.



Here is a recipe for an Apple Blueberry Compote  
[www.halfyourplate.ca/recipe/apple-blueberry-compote/](http://www.halfyourplate.ca/recipe/apple-blueberry-compote/)

