

Blueberries have two major types: highbush and lowbush. Highbush blueberries are the ones sold in store. Lowbush or wild blueberries are small and used mainly to make jams, juice and cereals. The flower is bell-shaped and the berry changes color as it ripens from green to reddish blue to indigo. The berries are native to North America and Native Americans have been eating them long before the colonists came. Native Americans called them star berries because of the star shape on one end of the berry. Blueberries freeze in 4 minutes. They contain high levels of healthy antioxidants like anthocyanin, which makes the blue color. Blueberries are one of the rare foods that is naturally blue. They're also a high source of Vitamin C, Vitamin K and fiber.

What did the sick blueberry do?

Blue (blew) his nose.

Why was the fruit so sad?

It was a blueberry.



Color changes as the blueberries ripen



Native Americans called them Star Berry



Bell-Shaped Flowers

Blueberry Mint Refresher

Cool down on a hot day with an ice-cold glass of Blueberry Mint Refresher.

- **Makes:** About 1 ½ cups blueberry syrup or 9-10 cups refresher
- **Prep Time:** 10 minutes
- **Cook Time:** 5 minutes
- **Difficulty Rating:** Intermediate

Ingredients

- 1¼ cups blueberries, divided
- 1 cup local honey
- 1 bunch fresh mint, plus extra sprigs
- ⅛ teaspoon salt
- 2 quarts lemon-flavored sparkling water



Instructions

1. Place 1 cup blueberries, honey and mint in a medium saucepan. Bring to a simmer and continue to heat for several minutes, stirring constantly until the berries burst. Remove from heat and cool.
2. Gently squeeze berry mixture through cheesecloth-lined sieve into an airtight container (discarding blueberry pulp and mint) to make a blueberry syrup. Chill.
3. Combine ¼ cup syrup with ¾ cup sparkling water for a single serving. Pour over ice. This can also be served in a large pitcher or punch bowl, using the whole recipe with both quarts of sparkling water. Garnish with berries and mint.

Blueberry Maple Breakfast Bake

A delicious breakfast that is easy to make.

Ingredients

- 1 loaf (14 ounces) egg challah or other white bread
- 4 ounces reduced-fat cream cheese
- 2 cups fresh or frozen blueberries, divided
- 8 eggs, beaten
- 1-½ cups milk
- ¼ cup maple syrup
- ¼ cup melted butter



Instructions

1. Preheat oven to 350°F.
2. Remove crusts from bread.
3. Cut in 1-inch cubes (makes about 10 cups).
4. Cut cream cheese in small cubes (makes about 1 cup).
5. Grease 9-x-9-2-inch baking dish.
6. Place half of the bread cubes in the dish.
7. Scatter cream cheese cubes and 1 cup of blueberries over the bread.
8. Top with remaining bread cubes and blueberries.
9. In a bowl, combine eggs, milk, maple syrup and butter.
10. Carefully pour over bread mixture.
11. Bake until a knife inserted in the center comes out clean, about 1 hour. Cover with aluminum foil if edges brown too much.
12. Serve with maple syrup, if desired.

Crispy Chicken Thighs with Blueberry Sauce

These mouthwatering crispy chicken thighs with blueberry sauce are full of flavor. They are perfect for a family meal or potluck dinner contribution.

Ingredients

Blueberry Sauce Ingredients

- 1 cup frozen blueberries, thawed
- 1 tablespoon apple cider vinegar
- 2 tablespoons honey
- 3 tablespoons water (more as needed)
- 1/4 teaspoon kosher salt

Crispy Chicken Thighs Ingredients

- 6 chicken thighs
- 2 cups buttermilk
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Pinch of cayenne pepper
- 2 tablespoons canola oil
- 1 tablespoon fresh parsley, chopped



Preparation

Blueberry Sauce Instructions

1. In a small saucepan over medium-high heat, combine blueberries, vinegar, honey, water and salt; bring to a light simmer, then lower heat to medium low.
2. Cook sauce for about 30 minutes or until it becomes thick, stirring occasionally.
3. Add more water if you find the sauce to be too thick.
4. Set aside, keeping warm until you are ready to serve.

Crispy Chicken Thighs Instructions

1. In a large bowl, combine buttermilk and chicken thighs. Cover and refrigerate for at least 4 hours or up to 12 hours.
2. Once the chicken has marinated, drain it through a colander and season with salt, black pepper, and cayenne pepper.
3. Preheat oven to 400°F.
4. In a large oven safe skillet over medium high heat, heat oil.
5. Add chicken, skin side down and sear for about 6-8 minutes or until the skin is crispy and brown. Flip chicken to the other side and cook for an additional 3 minutes.
6. Transfer pan to the oven. Cook for 25 minutes or until the chicken is cooked through; let rest for five minutes.
7. When you are ready to serve, spoon blueberry sauce over the chicken and garnish with fresh parsley.

Nutrition Facts

Serving size 1 cup (140g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 2%

Potassium 110mg 3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.