



**Selection:**

Choose blueberries that are firm, plump, and a royal-blue color with a silvery frost. Berries should be the same size and free of stems and leaves. Avoid packages that contain moldy berries.

**Storage:**

Store unwashed blueberries in the refrigerator in a container with a lid for up to 1 week. To freeze, place rinsed blueberries on a paper towel-lined baking sheet in a single layer and freeze for 1 hour. Place in a container with a lid and freeze for up to 9 months.

**Refrigerator:** Up to 1 week

**Freezer:** Up to 9 months

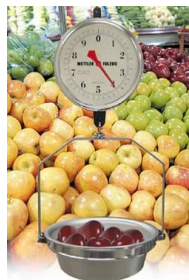
**Use:**

Rinse blueberries thoroughly just before preparing. Discard any shriveled or moldy berries. Blueberries are good for both cooking and eating raw. If baking with frozen berries, do not thaw before using or the juice and color will bleed or leak out. Gently add berries to batter as the last step before baking. Fresh berries will not bleed unless their skin is torn or broken.



**Digital Scale:**

The number on the screen = Total Weight



**Hanging Scale:**

The number the arrow is pointing to = Total Weight

**Buying:**

Blueberries are usually sold in a prepackaged container. If they are sold per pound, weigh produce to find out exactly how much it will cost. Place the number of blueberries you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

**Total Weight (lbs) x Price = Cost of Blueberries**

Use this table to find the total cost.

**Example:** What is the total cost for 2 lbs of blueberries at \$0.99 per lb? **2 lbs x \$0.99 = \$1.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

**Know how. Know now.**

**Nutrition:**

**1 cup medium Blueberries**

<b>Nutrition Facts</b>	
Serving Size 1 cup (140g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat 1g</b>	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 0mg</b>	0%
<b>Total Carbohydrate 27g</b>	9%
Dietary Fiber 3g	14%
Sugars 11g	
<b>Protein 1g</b>	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 cup of medium blueberries.

**Recipe:**

**Out of This Whirled Shake**

Preparation Time: 5 minutes

Serves 2

Cups of Fruit per Serving: 1

**Ingredients:**

- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ medium banana, peeled and sliced
- ½ cup low-fat (1%) milk or soft tofu
- ½ cup orange juice

**Preparation:**

- 1.) Place all ingredients in a blender.
- 2.) Cover tightly and blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
- 3.) Pour into two glasses and serve.

**Nutrition Information per Serving:**

Calories 106, Total Fat 0.9 g, Saturated Fat 0.4 g, Cholesterol 3 mg, Sodium 30 mg, Carbohydrates 23 g, Dietary Fiber 2 g, Protein 3 g.

