



CWD Healthy Update

CWD Nutritional Services

Volume 21, Issue 26

July 7, 2017

Blueberries

July is National Blueberry Month. It is estimated that blueberries have been around for more than 13,000 years. Legend says that native Americans gave blueberries to the early settlers, helping them make it through their first winter in America.

Fresh blueberries range in color from deep purple-blue to blue-black. They have a silvery sheen called "bloom". Color, not size, is the indicator of blueberry maturity.

Fresh blueberries should

be stored at 32°F to 34°F. Generally, shelf life is about 10 days. Frozen blueberries should be stored between -10°F and 0°F. Use within one year.



It's National Blueberry Month!

Here are some tips for baking with blueberries:

- * If you are adding blueberries to batter, you can minimize

streaking by folding them into the batter at the end of the mix cycle. Bake immediately to prevent color leeching.

- * To avoid "blueberry drop", spread half of the batter into the pan, then add the blueberries and top with remaining batter.

* Blueberries turn reddish when exposed to acids such as lemon juice and vinegar. They turn greenish when too much baking soda is present.

Blueberry Equivalents

One cup dry (8 fl oz) blueberries =

- * 90-129 large berries
- * 130-189 medium berries
- * 4 oz by weight (3 cups per pound)
- * 2/3 cup pureed berries
- * 1/2 cup pureed and strained berries

<http://www.blueberry.council.org>

Celebrate July!

- National Baked Bean Month
- National Hot Dog Month
- National Ice Cream Month
- National Blueberry Month
- National Pickle Month

Weekly Produce Update

Asparagus—heavy rains & cool temps in central Mexico has reduced production by nearly 75%.

Blueberries—harvest has started in the Pacific Northwest. Quality is very good.

Strawberries—supply and

quality is improving.

Broccoli—quality is very good.

Carrots—supplies are very good with excellent quality and good size.

Cauliflower—supply is good and quality nice.

Lemons—demand exceeds supply on all sizes & grades.

Lettuce—the market is flat. Quality is good.

Source: ProAct

