



Blueberries

What is it?

Blueberries are small, round berries that vary in size from about 0.2-0.6 inches, and range in color from light blues to dark purple depending on the variety. They first appear green on the plant and darken as they ripen. Blueberries are hailed as a superfood because of the many health benefits they've been proven to provide. This is because they are packed full of antioxidants, are high in potassium and Vitamin C, and they are considered to be anti-inflammatory.

What does it taste like?

The flavor of blueberries is often hard to describe. The closest flavor comparison would probably be red or green grapes, but blueberries typically have a higher sugar content than grapes making them much sweeter. Blueberries can also be described as having a floral or acidic taste, depending on the variety.

What to do with it?

As typical with other berries, there are endless ways to incorporate blueberries into your own recipes. There are the obvious classics like baking them into muffins, pie, or adding to pancakes, but there's so much more these little berries can do! The sweet, sometimes tart, flavor of blueberries pairs well with smoky, salty, savory flavors. Create your own blueberry BBQ sauce to go on chicken wings or add a homemade blueberry sauce or syrup on top of fish or pork.

How to store it?

Blueberries can be stored in the fridge, inside the open/breathable container they come in. They will typically last 10-14 days in the fridge when bought fresh. You can also freeze fresh blueberries in plastic bags or reusable freezer containers. If you wish to rinse your blueberries before freezing, make sure to lay them out on a paper towel/rag until they are completely dry before going into the freezer. Frozen blueberries can last about six months.