



## Harvest of the Summer

# Blueberries

### Nutrition Information

- Blueberries are good sources of vitamin C and other antioxidants.
- The deep blue color of blueberries comes from natural plant pigments called anthocyanins.
- Blueberries are rich in dietary fiber.

### Selection and Storage

- Pick blueberries that are firm, plump, and deep blue or purple with a silvery coating. Skip any that are mushy, shriveled, or moldy.
- Keep them unwashed in the fridge in a container with good airflow (like the one they came in). Wash just before eating to help them last longer. They usually stay fresh for 5–10 days.
- Want to keep them longer? Freeze them in a single layer on a tray first, then move to a sealed bag or container.

### Fun Facts

- Blueberries are one of the only foods that are naturally blue.
- Their blue color comes from special plant nutrients that also help keep you healthy.
- Washington grows a lot of blueberries — it's one of the top states for blueberry farming in the whole country.
- Big blueberries you see in stores grow on highbush plants, and smaller wild ones grow low to the ground.



## Recipes\*

- [Blueberry Crisp](#) – Food Hero
- [Blueberry Caprese Salad](#) – ICN Recipe Box
- [Berry Cornmeal Muffins](#) – ICN Recipe Box
- [Berry Delicious Applesauce](#) – ICN Recipe Box



\*As a reminder, the School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

While there aren't many credible recipes that feature blueberries as the main ingredient in CACFP or SFSP settings, they are commonly used in smoothies, yogurt parfaits, fruit salads, baked goods, and breakfast dishes. You can craft or modify your own blueberry-based recipe—just be sure to verify its credibility using the USDA Recipe Analysis Workbook (RAW) to ensure it meets meal pattern requirements.

## Educational Resources

- [Classroom Connections: Blueberries](#) - Oregon Harvest for Schools, Food Hero
- [Blueberry Lesson Plan](#) - Arizona Department of Education.
- [Oregon Harvest for Schools – Blueberries \(1:29\)](#) (Video) - Oregon Harvest for Schools, Food Hero.
- [Blueberries Nutrition Activity](#) (Grades 5-8) - Ag-Bites, California Department of Education.
- [Wild Blueberry School Kit](#) - Wild Blueberry Producers' Association of Nova Scotia.
- [Blueberry Tips & Tricks](#) - Washington Blueberry Commission.

## Sourcing

- Use the Washington [Food and Farm Finder](#) to locate blueberries and other seasonal produce from local growers. You can also explore the WSDA Finding Farms webpage for additional tools and resources.
- Can't find blueberries in your area to feature? Try substituting other seasonal berries like strawberries, raspberries, or marionberries—these offer similar uses and local availability in summer months.
- Contact OSPI at [farmtocnp@k12.wa.us](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto:farmtoschool@agr.wa.gov) for help connecting with local producers to feature Harvest of the Month foods.

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**