



BLUEBERRIES

SUMMER



ARKANSAS
FarmtoSchool

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Plant blueberries in the fall or spring. Remove the blueberry plant from its container and make 4 vertical slices through the root mass. Plant so that the top of the pot would be level with the soil surface. Fill the hole tightly with a mixture of soil and peat moss. Water immediately! Learn more at <https://bit.ly/UAEXBlueberry>!



PREP

Discard any damaged, bruised, shriveled, or soft blueberries. Remove any stems that are remaining on the blueberries. Do not wash blueberries before storing in refrigerator. Wash blueberries thoroughly with water before use. Prepare blueberries raw, frozen, jellied, jammed, or as an added ingredient.



EAT

Start your day with yummy blueberry pancakes or a blueberry muffin! Sip a smoothie made with blueberries and your favorite fruits. Top a salad with fresh blueberries and a protein like cheese or chicken! Munch on a grilled cheese made with mozzarella and blueberry jam. Snack on white chocolate, blueberry cookies!



LEARN

Blueberries are native to North America and are commonly found in forested areas of Arkansas! Blueberries are a **fruit** and have unique properties that boost brain health and motor skills. Blueberries were grown and harvested from approximately 356 acres in Arkansas in 2019!

