Blueberries

Make It

Blueberry Sauce

Ingredients:
- 2 cups blueberries
- 1/2 cup water, divided
- 1 cup orange juice
- 3/4 cup sugar
- 2 Tbsp cornstarch
- 1/2 tsp almond extract
- 1/8 tsp ground cinnamon

Directions:
1. In a saucepan over medium heat, combine the blueberries, 1/4 cup of water, orange juice, and sugar. Stir gently, and bring to a boil.
2. In a cup or small bowl, mix together the cornstarch and 1/4 cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes.
3. Remove from heat and stir in the almond extract and cinnamon. Thin sauce with water if it is too thick.
4. Serve with your favorite pancakes, waffles, yogurt, or desserts!

Berry Cool

In Louisiana, blueberries are in season during the long, hot days of summer, usually from May to July. In fact, July is National Blueberry Month! This is the perfect time to bring your kids to a local pick-your-own blueberry farm to show them where their food comes from.

Freezing Tips

- Make sure blueberries are completely dry when you freeze them. This will ensure that they don’t clump together, making it easier to grab a few at a time.
- You don’t have to rinse blueberries before freezing them. You can just put them in the freezer in their original container.
- If you didn’t wash your blueberries before freezing, give them a rinse just before use.
- It’s best to freeze blueberries at the peak of freshness, so be sure to pop them in the freezer within a few days of purchasing if you won’t be using them immediately.
- Store frozen blueberries in the freezer for up to 10 months!

Helpful Hint

Although blueberry season is relatively short, you can still enjoy them year-round by freezing fresh blueberries in bulk. Every time you’re craving some of this delicious fruit, just grab a handful from the freezer and add it to your favorite cereal, granola, yogurt, or smoothie.

For more information on Louisiana Harvest of the Month, visit www.SeedstoSuccess.com

This Institution is an equal opportunity provider.