



BLUEBERRIES

These flavorful blue gems are a nutritional powerhouse. A good source of vitamin C and dietary fiber, the antioxidants in blueberries may also help protect against cancer, heart disease and other illnesses.

Blueberries can typically be found at the farmers market from June through September. Varieties range in size from a pencil eraser to larger than a quarter. While all types are delicious, some varieties excel at baking and others are ideal for freezing. Ask about the differences if more than one is available at your farmers market.

CHOOSING:

Choose blueberries that are plump with smooth skin and a silvery sheen. Discard any berries that are soft, or appear shriveled.

STORING:

Do not wash berries until you are ready to use. Store in the refrigerator for up to 5 days. To keep berries longer, place on a tray in a single layer and freeze. Transfer to a resealable freezer bag for storage.

BLUEBERRY CUCUMBER

Salad with Feta



- 2 cucumbers
- 2 cups (1 pint) fresh blueberries
- 2 tbsp olive oil
- 2 tbsp white wine vinegar (or white balsamic)
- 2 tbsp thinly sliced mint leaves
- salt and pepper to taste
- ½ cup (2 ounces) crumbled feta cheese, optional

Peel the cucumbers, then slice them in half lengthwise. Scrape out the seeds with the tip of a spoon. Cut into thin slices.

Wash the blueberries and discard any stems, leaves, or shriveled berries.

Combine blueberries and cucumber in a large bowl.

In a small bowl, whisk the olive oil, vinegar, salt and pepper and mint.

Pour over the cucumber mixture and gently toss.

Sprinkle with feta cheese, if desired. Serve chilled.



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