

Introduction

You can buy them at a roadside stand or farmers' market or you can pick them yourself.

Picking blueberries has become a mid summer tradition for many Maine families. In addition to the opportunity of selecting your own fresh and ripe fruit, there is the appeal of an outing to a local farm and the chance to express support for local agriculture. This publication can help you get the most out of the Fresh Maine blueberry season. It contains tips on selecting, picking and handling berries, as well as recipes for fresh berries. You can extend the season by following the directions for freezing berries. Remember, the Fresh Maine Blueberry season only lasts a few weeks. Don't miss the chance to enjoy this nutritious treat.

Nutrition

Not only are blueberries good to eat, they are good for us. An excellent source of vitamins and minerals.

NUTRITION PER CUP

Calories	84
Protein	1.1 gram
Fat	0.49 gram
Carbohydrates	21.45 grams
Calcium	6.0 milligrams
Sodium	1.0 milligram
Potassium	114.0 milligrams

Blueberries are also a source of Fiber and Vitamin C, K, and Manganese.

Measuring Blueberries

- 1 pound holds 3 to 3.5 cups
- 1 quart = 1.5 pounds or about 4.25 cups
- 1 pint = 2.25 cups or about .75 pounds
- 1 cup = 6oz or about 65-70 blueberries
- 9" pie takes about 3 cups of blueberries.

Blueberry Pie

- 3/4 cup sugar
- 3 tbsp. cornstarch
- 1 cup water
- 1/4 tsp. salt
- 1/2 tsp. ground cinnamon
- 4 cups fresh blueberries
- 1 prepared pie shell or fresh pie crust recipe
- 1 tbsp. butter



- Pre-heat oven to 375 degrees.
- Mix sugar, cornstarch, salt and cinnamon.
- Sprinkle over blueberries.
- Line pie dish with one pie crust.
- Pour berry mixture into crust.
- Dot with butter.
- Cut remaining pastry into 1/2 - 3/4 inch wide strips and make a lattice top.
- Crimp and flute edges.
- Bake pie on lower shelf of oven for about 50 minutes or until crust is golden brown.

Fun Fact

The Pineland Farm Produce Division cultivates ___ # of high bush blueberries bushes. These bushes produce about ___ pounds each year. Enough to fill ___# of blueberry pies!



For More Information
Call The Produce Division
207.657.2877
752 Mayall Rd.
New Gloucester, ME 04260



From field
to your
table

Pick
Your
Own

Maine
Farm Fresh
Blueberries

Late June through mid-July

7:00 am - 1:00 pm
weather permitting

752 Mayall Rd.
New Gloucester, ME 04260



Recipes

Savory Blueberry Pizza

Surprise dinner guests with an unexpected pop of color and tangy sweetness on this fun take on a pancetta pizza and experience the delight of gorgonzola paired with blueberries.

- 1 lb. pizza dough
- 1 1/2 cups grated mozzarella cheese
- 1/2 cup crumbled gorgonzola cheese
- 4 oz. diced pancetta
(bacon or ham are good substitutes)
- 1/4 cup thinly sliced red onion
- 1 cup fresh blueberries
- 1/4 cup sliced fresh basil
- freshly ground black pepper

Preheat oven to 450°.

Lightly flour a work surface. Pat and stretch dough into a 10x14" oval; place on a large baking sheet. With a fork, pierce dough in several places. Leaving a 1" border, sprinkle dough with half of the mozzarella, the gorgonzola, pancetta and red onion. Bake until crust is golden brown 12 to 14 minutes. Sprinkle blueberries and remaining mozzarella over pizza; bake until cheese is melted and crust is golden brown, about 2 minutes longer. Remove from oven; top with basil and pepper.

Balsamic Blueberry Vinaigrette

This quick balsamic blueberry vinaigrette is a simple yet flavorful dressing to highlight your summer greens.

- 1 cup fresh blueberries
- 1/4 cup balsamic vinegar
- 2 tbsp. honey
- 1 tbsp. lemon juice
- pinch of salt and pepper
- 1/2 cup olive oil



Blend: In a blender combine blueberries, vinegar, honey, lemon and salt & pepper.

Emulsify: With blender running, slowly pour in oil, continuing to blend until completely emulsified and creamy, about 30 seconds.

*Due to the use of fresh blueberries, enjoy this vinaigrette within 1 week.

Blueberry Muffins

These muffins will become a family favorite.

- 1 egg
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 1/2 cups flour
- 1/8 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 - 3/4 cup blueberries

Heat oven 400 degrees. Grease bottoms of 12 medium muffin cups. Beat egg, stir in milk and oil. Mix in remaining ingredients just until flour is moistened. Batter should be lumpy.

Fill muffin cups 2/3 full. Bake 20 - 25 minutes or until golden brown. Immediately remove from pan.

*If using frozen blueberries, use 1/2 cup and add before thawing so it won't dye the batter.



Blueberry Chia Seed Jam

Try this easy and healthy take on jam that you can pile on without any guilt!

Make the filling first so it can cool before use. Combine strawberries and rhubarb in saucepan. Cover and cook about 5 minutes. Add lemon juice, sugar and cornstarch and cook until thick.

- 3 cups fresh (or frozen, thawed) blueberries
- 2 tsp. finely grated lemon zest
- 1/4 cup fresh lemon zest
- 3 tbsp. maple syrup
- 1/4 cup chia seeds.



Bring all ingredients, except the chia seeds, to a simmer over medium heat in a medium saucepan. Stir occasionally until berries begin to burst, about 5 minutes. Lightly mash about 1/2 of the berries with a spoon to release their juices and turn up heat to bring pot to a boil. Cook, stirring occasionally until juice is reduced by half, about 5-10 minutes. Remove from heat and taste for sweetness, adding additional maple syrup if necessary. Return to boil and add chia seeds, boil for 1 minute to soften seeds. Let jam cool, transfer to heat proof containers and chill until ready to use. Jam keeps in the refrigerator 2 weeks, or in the freezer 2 months.

Dress up this jam with some yogurt and granola on the top for a healthy version of fruit on the bottom yogurt!

What to look for

Ripe blueberries are plump, dark blue/purple with no red tinge and a silvery surface bloom. They are at their peak one to three days after they turn blue. Berries with a red tinge aren't quite ready and they won't continue to ripen after they are picked.

What's the purpose of surface bloom? The bloom acts as a protectant against bacteria and insects and helps to keep the fruit moist.

How to pick blueberries

As you run your hands over the berry clusters the ripe berries should fall into them. Place your hand underneath the cluster to avoid dropping berries. Don't overfill our hands and avoid squashing or rolling the berries.

Taking care of picked berries

Blueberries are delicate. Handle them carefully and transfer between containers as little as possible. Refrigerate them as soon as possible after picking and keep them cool until ready to use. Eat within 10 days of picking.

Washing berries

Wash just before eating by pouring a shallow layer of berries into a bowl of water, swirl and rinse under a gentle stream of water. Baking soda and water fruit wash: 2 tsp baking soda to 2 cups water. Dry by pouring onto towels. Before using or freezing, pick over berries to remove damaged fruit.

How to use your harvest

Fresh blueberries:

Sprinkle in cereal, pancake batter, toss some in your lemonade or on top of ice cream.

Freeze for later use:

Simply put dry whole berries into a freezer bag or container to freeze. To keep berries separate, freeze on a cookie sheet and put them into the container afterwards. Use within 10-12 months.

Frozen Blueberry Yogurt Bites

Measure blueberries and measure out an equal amount of greek yogurt. Dip blueberries in yogurt and freeze on a parchment lined cookie sheet for an hour or until solid. Store in freezer safe container and enjoy for up to 3 months.