



# Seasonal Eating

## Blueberries

TIPS, BENEFITS AND RECIPES FOR  
LATE-JULY FARMERS MARKET FINDS

### Recipe for Blueberry Muffins

*8 tablespoons (1 stick) unsalted butter, melted and cooled*  
*2 large eggs*  
*1/2 cup milk*  
*2 cups unbleached all-purpose flour*  
*3/4 cup granulated sugar*  
*2 teaspoons baking powder*  
*1/2 teaspoon kosher salt*  
*2 1/2 cups fresh blueberries*

*Preheat oven to 375 °F. Line a 12-cup muffin tin with papers.*

*Whisk the butter, eggs and milk together in a bowl. In another bowl, whisk together the flour, sugar, baking powder and salt. Stir the wet ingredients into the dry ingredients and fold in the blueberries. Divide among the muffin cups. Bake until a toothpick tests clean and the muffins are golden brown, about 25-30 minutes. Makes 12 muffins.*

*(Adapted from My Father's Daughter by Gwyneth Paltrow)*

**Benefits of eating blueberries:**  
Anti-oxidant rich. Packed with vitamin C, high in vitamin K and manganese. Good source of fiber, potassium and folate. Low in fat.

*([www.medicalnewstoday.com](http://www.medicalnewstoday.com))*



**Tips for selecting blueberries:**  
Look for berries that are firm, dry, plump and smooth-skinned. Size is not an indicator of maturity, but color is. Select fruit that is deep purple-blue to blue-black.

*(U.S. Highbush Blueberry Council)*