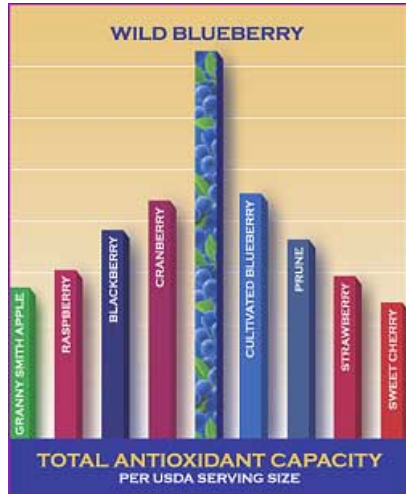


Health Benefits

Wild Blueberries are the number one source of antioxidants among fresh fruits and vegetables.



Source: www.wildblueberries.com

These flavourful berries are a source of dietary fibre and vitamin C. They are cholesterol free and very low in fats and saturates. (As well, there are only about 80 calories per cup of wild blueberries.)

The many health benefits of Wild Blueberries include:

- **Neuro-Protection:** Ongoing brain research shows that blueberries may protect the brain during aging and may improve motor skills.
- **Urinary Tract Health:** Like cranberries, blueberries may help prevent urinary tract infections.
- **Cancer Prevention:** Research shows that Wild Blueberry compounds may inhibit the growth of isolated cancer cells.
- **Vision Health:** Research suggests that blueberries like bilberries may improve night vision and prevent tired eyes.

Source: www.wildblueberries.com

Wild Blueberry Facts

- Wild blueberries grow naturally in Nova Scotia fields and forests.
- Producers manage wild blueberry fields to promote growth and berry quality.
- Nova Scotia's wild blueberry production is over forty million pounds.
- The wild blueberry is the number 1 Canadian fruit crop in export sales.

- Oxford, NS is the Wild Blueberry Capital of Canada.
- Nova Scotia wild blueberries are exported to US, Japan, Germany, UK and other countries.
- Harvesting of wild blueberries begins in early August and continues until late September.
- Wild Blueberries grow naturally in Atlantic Canada, Quebec and Maine and these are the only areas in the world where wild blueberries are commercially harvested.

Storing Wild Blueberries

- Fresh wild blueberries will keep an average of one week if refrigerated.
- Do not wash until ready to use since wet berries spoil more quickly.
- Frozen, wild blueberries will keep up to two years.

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WILD BLUEBERRIES



Nova Scotia's Provincial Berry





Wild Blueberry Smoothie

- 1 $\frac{1}{4}$ c wild blueberries
- 1 c. orange juice, chilled
- 2 c. fat-free yogurt
- $\frac{1}{4}$ c. fat-free or 1% milk

Combine all ingredients in a blender. Blend until smooth. Pour into two large glasses. (Prevention, June 1999)

Wild Blueberry Grunt

Sauce:

- 4 c. wild blueberries
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{3}{4}$ c. sugar
- 1 Tbsp. lemon juice
- $\frac{1}{2}$ c water

Dumplings:

- 2 c. flour
- 4 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 1 Tbsp. sugar
- 2 Tbsp. butter or shortening
- Milk

Heat berries, spices, sugar, lemon juice & water in a skillet; boil gently until well blended & slightly cooked down.

Sift flour, baking powder, salt & sugar into a bowl. Cut in butter and add enough milk to make a soft biscuit dough. Drop by spoonfuls into hot berry sauce. Cover tightly with a lid and simmer for 15 minutes (no peeking!). The dumplings should be puffed and well cooked through. Transfer cooked dumplings to serving dishes. Ladle sauce over top; serve with whipped cream or ice cream. Yield: 6-8 servings.



Wild Blueberry Lemon Loaf

- 1 c. white sugar
- $\frac{1}{2}$ c. margarine
- 2 eggs
- grated rind and juice of 1 lemon
- $\frac{1}{2}$ tsp. salt
- 1 $\frac{1}{2}$ tsp. baking powder
- 1 $\frac{1}{2}$ c. flour
- $\frac{1}{2}$ c. milk
- 1 $\frac{1}{2}$ c. floured wild blueberries

Cream sugar & margarine. Beat in eggs and lemon rind. Add dry ingredients alternately with milk. Fold in wild blueberries dusted with flour. Bake at 350°F for 50-60 minutes. While still warm, pour mixture of $\frac{1}{4}$ c. sugar & juice of 1 lemon over loaf. Allow to cool. Makes 1 loaf.

Wild Blueberry Crisp

Preheat oven to 375°F.

Grease an 8x8 inch square baking dish.

Cream together:

- 1/3 c. butter or margarine
- 1 $\frac{1}{4}$ c. lightly packed brown sugar

Stir in until crumbly a mixture of:

- 1/3 c. all purpose flour
- 2/3 c. rolled oats
- $\frac{1}{4}$ tsp. cinnamon

Arrange in prepared dish:

- 3-4 c. wild blueberries (fresh or frozen)

Sprinkle with crumbs.

Bake in preheated 375°F oven for 40 minutes or until topping is golden brown. Makes 6 servings.



Low Fat Wild Blueberry Muffins

- 3 $\frac{1}{2}$ c. flour
- 1 Tbsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 2 eggs, beaten
- $\frac{1}{2}$ c. vegetable oil
- $\frac{1}{2}$ c. brown sugar
- 1 $\frac{3}{4}$ c. unsweetened applesauce
- $\frac{3}{4}$ c. wild blueberries
- $\frac{1}{2}$ c. cranberries, chopped (optional)
- $\frac{1}{4}$ c. brown sugar (2nd amount)

Preheat oven to 375°F. Sift flour baking powder, soda and salt into a large mixing bowl. In a separate bowl, whisk together eggs, oil, brown sugar and applesauce; add to dry ingredients and mix until just blended. Fold berries into the batter and pour into prepared muffin tins, filling two-thirds full. Sprinkle tops with brown sugar (2nd amount) and bake for 20-25 minutes, until they are lightly browned and a toothpick inserted in centre comes out clean. Yields 18 large or 24 medium muffins.

Wild Blueberry Sauce

- 1/3 c. sugar
- 1 Tbsp. cornstarch
- 1 $\frac{1}{2}$ c. wild blueberries
- $\frac{1}{4}$ c. water
- 1 tsp. lemon juice

Mix sugar and cornstarch in a saucepan. Add wild blueberries and water. Cook and stir over medium heat until slightly thickened. Remove from heat and stir in lemon juice. Great with pancakes and waffles.



Blueberry Crusted Salmon

25 ounces salmon fillet

Blueberry Crust:

- 7 $\frac{1}{2}$ ounces fresh bread crumbs
- 12 $\frac{1}{2}$ ounces fresh wild blueberries
- $\frac{1}{2}$ tsp. pesto
- Seasoning to taste.

Accompaniment:

- 4 c. cooked basmati rice
- 20 ounces fresh vegetables blanched and tossed in butter.

Make crust by mixing all ingredients for crust together. Sear salmon and top with crust. Place it on greased tray and bake at 350°F for 8-10 minutes. Serve with rice and vegetables.

Wild Blueberry Jam

- 4 $\frac{1}{2}$ c. fresh wild blueberries
- 1/3 c. lime juice
- $\frac{1}{2}$ c. water
- 1 Tbsp. grated lime rind - optional
- 1 pkg. powdered fruit pectin
- 4 c. sugar

In a large pan, combine the blueberries, lime juice, water, pectin and lime rind. Bring to a rolling boil over high heat, stirring constantly. Stir in the sugar and while constantly stirring, bring to rolling boil again. Keep at a hard boil for 1 minute, stirring constantly. Remove from heat and skim foam from top if needed. Quickly spoon into clean jars and seal.

