



Harvest of the Week

Volume 1, Issue Blueberries

Health and Learning Success

Getting children to try new foods can be hard. It is normal to offer a new food several times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use **Harvest of the Week** tips and recipes to encourage trying new foods and to find new family favorites.

Let's Get Physical!

Biking is a great way to be active and healthy. It also helps the environment by reducing air pollution and traffic.

For more biking information, visit: www.bikewalkkc.org

Fun Facts

One blueberry bush can produce up to 6000 blueberries per year.

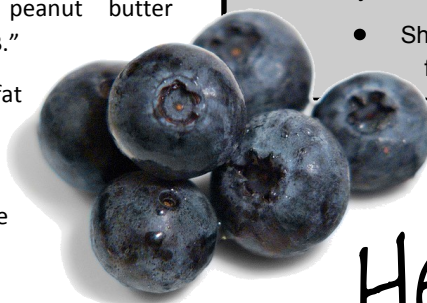
Native Americans called blueberries "star berries" because of the star-shaped crown on top.

Blueberries have been around for more than 13,000 years!

Blueberries

HELP YOUR CHILD EAT HEALTHY

- Top favorite cereals or oatmeal with a handful of fresh blueberries.
- Layer berries, low-fat vanilla yogurt and crushed cereal or granola to make a parfait.
- Put a blueberry smile on pancakes, literally!
- Add blueberries to a peanut butter sandwich and call it "PB & B."
- Stir berries into low-fat yogurt for a tasty snack or breakfast.
- Keep a bag of berries in the freezer to make smoothies.



PRODUCE TIPS

- Choose fresh blueberries that are dark blue, firm, plump, dry and have a smooth silvery surface.
- Avoid berries that look and feel soft or shriveled or have any sign of mold. If notice juice stains in the berry carton, this may indicate bruised fruit.
- Refrigerate *unwashed* blueberries as soon as possible. Store for up to 10 days. Wash just before serving.
- Shop for fresh berries in season for best value, then freeze.

HealthWise

- ✓ Keep a health calendar and have your child mark each day that your family practices healthy activities—such as eating fruits and vegetables or being physically active.
- ✓ Ask your child what he/she learned about blueberries at school.

BLUEBERRY CRUNCH SQUARES

Makes 12 servings

Ingredients:

4 cups mini marshmallows
3 tablespoons butter or regular margarine
6 cups crispy rice cereal
1 cup dried blueberries, chopped
Non-stick cooking spray

Directions:

1. Spray 13 x 9-inch baking pan with non-stick cooking spray.
2. In a large microwave-safe bowl, heat marshmallows and butter until melted, about 3 minutes on high power, stirring after 2 minutes. Stir until smooth.
3. Add cereal and chopped blueberries. Stir until evenly coated.
4. Transfer to prepared baking pan; gently press into an even layer using back of spatula coated with cooking spray.
5. Allow to cool for at least 15 minutes. Cut into squares.
6. Cover unused portions. Best if served same day.

Blueberry Nutrition Facts	
Serving Size	1/2 cup berries
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 11g	0%
Dietary Fiber 2g	0%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

