



Thought Foodness

TM

Featuring
Blueberries

WEST VIRGINIA HARVEST™



Did You Know?

Blueberries

Where I grow best:

Blueberries grow best in cool to mild climates with lots of sunlight and well-drained, acidic soil. They need at least 6 to 8 hours of sun daily and prefer temperatures between 60°F and 80°F. Blueberries thrive in soil with a pH between 4.5 and 5.5, which is more acidic than most plants need. Blueberries grow best in places like Maine, Michigan, Oregon, Washington, and parts of West Virginia.

My Nutritional Superpowers include:

Blueberries have amazing nutritional superpowers that help keep the body strong and healthy! They are packed with antioxidants, which protect the body and keep the brain sharp. Vitamin C helps fight germs and boosts the immune system. Fiber keeps digestion running smoothly and helps the stomach feel full. Blueberries also have vitamin K, which helps keep bones strong, and natural sugars that give the body energy.

I taste great in meals like:

Blueberry Smoothie, Blueberry Yogurt Parfait, and Blueberry Pancake Muffins!

Blueberries are available in West Virginia at Grocery Stores and Walmart all year.



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Recipe Spotlight

Blueberry Pancake Muffin

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Mix all ingredients in a bowl.
2. Pour into muffin cups.
3. Bake at 350°F for 12–15 minutes.
4. Let cool and enjoy a pancake in muffin form

What you will need:

- ½ cup pancake mix
- ½ cup blueberries
- ¼ cup milk
- 1 egg

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.




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healthier
you!



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