



Red, White & Blueberries...

July is National Blueberry Month!

Round, sweet and juicy, blueberries make a yummy summer treat! July is National Blueberry Month, which means it is a great time to enjoy and gain the nutritional benefits of blueberries. The harvest season for blueberries is mid-April to early October, with July being the peak of the harvest. This means July is the perfect time to buy



blueberries! Besides being yummy and versatile, blueberries are:

- Low in fat and sodium.
- Only 80 calories per cup.
- High in manganese, which helps the body process cholesterol and nutrients.
- High in vitamin C, an antioxidant that is important for skin health and a healthy immune system.
- Source of vitamin K1, which helps with blood clotting.
- Good source of fiber, which helps you feel full, keeps you regular and may reduce the risk of heart disease.

It is recommended that children between the ages of 2 and 8 eat 1-1 ½ cups of fruit daily. Fresh blueberries can be easily added to foods like yogurt, oatmeal, cereal and pancakes to help your child reach their daily recommendation and add a nutritional boost to their favorite foods. Invite your child to help with cooking and preparing meals. Not only will they be more likely to eat what they make, but they will also be exposed to math concepts like numbers, counting, measuring and sequencing.

Here is a simple recipe to make together:

Blueberry Crisp

Recipe from Martha Stewart's "Old-Fashioned Fruit Desserts" episode of the "Martha Bakes" show, <http://www.pbs.org/food/recipes/blueberry-crisp/>.

6 tablespoons unsalted butter, chilled, plus more for baking dish
¾ cup all-purpose flour
½ cup sugar

½ teaspoon ground cinnamon
5 cups blueberries, fresh or frozen
Vanilla ice cream [or frozen yogurt], for serving (optional)

1. Preheat oven to 375 degrees. Butter a 9-inch round baking dish; set aside.
2. Combine the flour, sugar and cinnamon in a bowl; blend in the butter with a pastry cutter or your fingers until the mixture is crumbly.
3. Place the blueberries in the prepared baking dish and sprinkle the crumb mixture over them. Bake 30 to 35 minutes. Serve with ice cream [or frozen yogurt], if desired.

For more delicious blueberry recipes, visit the U.S. Highbush Blueberry Council at <https://www.blueberrycouncil.org/blueberry-recipes/>.

Source: U.S. Highbush Blueberry Council, <https://www.blueberrycouncil.org/>

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