

Blueberry Basics

Blueberries are brimming with vitamins, minerals, fiber and phytochemicals, which are recognized for their anti-inflammatory and antioxidant health benefits.

SELECTION AND STORAGE: When buying blueberries, look for plump, fresh berries that have a uniformly deep purple blue or blue-black color.

- Avoid baskets that have signs of leakage, which indicate they may have been mishandled.
- Do not wash blueberries until you are ready to use them.
- Refrigerate blueberries for 1 or 2 days before preserving to improve flavor.

BERRY HELPFUL HINTS:

- Blueberries tend to change color during cooking. Acids, like lemon juice and vinegar make the blue in blueberries turn red. On the other hand, a batter with a lot of baking soda may turn the blueberries greenish-blue.
- Stir blueberries (right from the freezer, if froze+6n) into a cake or muffin batter last to minimize color streaking.
- When making pancakes and waffles, add the blueberries as soon as the batter has been poured on the griddle or waffle iron. This will make the pancakes prettier and they'll be easier to flip. If frozen blueberries are used, cooking time may have to be increased to be sure the berries are heated through.
- Store whole frozen berries in their unopened or tightly resealed packages in your freezer. If berries are to be served alone, thaw until they are pliable and serve partially frozen. Add sugar to taste — it brings out both the flavor and the luscious juices.

FREEZING BLUEBERRIES: Select full-flavored, ripe berries. Remove leaves, stems and immature or defective berries. DO NOT wash blueberries before freezing. Blueberries should be completely dry before freezing. Washing results in a tougher skinned product. Place blueberries in a single layer on a tray in the freezer and then pack into containers as soon as they are frozen.



Health benefits of blueberries have made the news in recent years. Some of the reported benefits of eating blueberries include improved vision, clearing arteries, strengthening blood vessels, enhanced memory, stopping urinary tract infections and reversing age related physical and mental declines.

Nutritionist Dr. Beth Reames of Louisiana State University, says blueberries and other brightly colored berries and other brightly colored berries contain vitamins, minerals, dietary fiber, and phytochemicals that help prevent against disease, including certain cancers and heart disease.

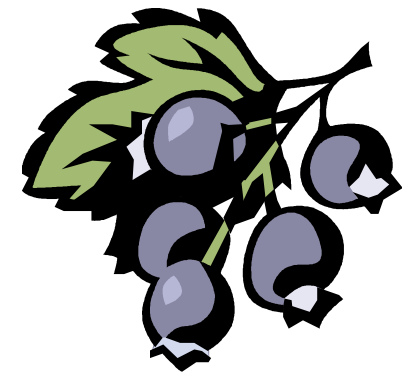
Blueberry Nutrition:

Blueberries are the perfect choice for a fun, flavorful, and healthy snack. Blueberries contain vitamins A&C, iron, potassium, and magnesium. They are a good source of carbohydrates and fiber, yet they are low in sodium and are cholesterol free. One more piece of good news Blueberries contain only 42 calories per ½ cup serving.



Forsyth County Center
1450 Fairchild Road
Winston-Salem, NC 27105
Ph: 336-767-8213
www.forsyth.cc/CES

Blueberry Growers



in and
around
Forsyth County

Apple's Blueberry Farm

1765 Hwy. 66, South
Kernersville, NC 27284
336-993-2279



Open: Mon. - Sat. 7 a.m. - 7 p.m.
Sun. 1 p.m. - 7 p.m.

Directions: Interstate 40 to Kernersville exit. Turn left on to Hwy. 66 south. The farm is right next to the Roman Catholic church which will be on the right.

Blueberry Hill

6815 Donnaha Road
Tobaccoville, NC 27050
336-922-4137

Open: Monday - Sunday dawn to dusk
(no pre-picked berries on Sunday)

Directions: Hwy. 67 north. Turn right onto Donnaha Road (immediately before Yadkin river bridge). Watch for signs.

Brad's Blueberries

3108 Old Hwy. 421
Yadkinville
336-408-8501

Open: Wed., Fri., Sat. 8 a.m. - 2 p.m.
(July 1-Aug. 31)

Directions: Hwy. 421 West toward Wilkesboro. After you cross over the Yakin river, into Yadkin County, take 2nd exit # 251 (Speer Bridge Rd./Forbush High School). At top of ramp turn right. The road will end, take left turn onto Old Hwy 421. Continue 2.5 miles, the farm will be on the left - watch for signs.

Joyce Blueberry Farm

3555 Hwy 8
Walnut Cove, NC 27052
336-593-8549

Open: Mon. - Sat. 7:30 a.m. until dusk.
Call first for berry ripeness.

Directions: Hwy. 52 north. Exit onto Hwy. 8 and follow it though to Germanton. Turn left at Texaco service station and continue 8 miles to Stokes County Fire Department - continue on Hwy. 8 for 1 more mile. Watch for signs.

Mabe's Berry Farm

1695 Greenfield Road
Walnut Cove, NC 27052
Barn tel. # 336-591-4785

Open: U-pick, anytime
Pre-pick, call ahead



Directions: Hwy. 52 north. Exit on Hwy. 8 and follow it through Germanton. Look for signs next to the Texaco service station. Farm located at Watts and Greenfield Road.

Melton's Blueberries

6900 Rollingview Drive
Tobaccoville, NC 27050
336-924-0665

Open: Call in advance

Directions: Reynolda Road north (about 10 miles past Old Town). Turn left on Littlefield Road. Continue to Rollingview Drive.

Reich's Blueberries

4875 Ebert Street
Winston-Salem, NC 27127
336-764-4748

Open: Mon. - Sat, dawn to dusk

Directions: Silas Creek Parkway east, to Ebert Street. Turn right onto Ebert. Continue until you see the signs.

Sprinkle's Blueberry Farm

2291 Trinidad Lane
Winston-Salem, NC 27106-9777
336-924-8900
www.blueberrysite.com

Open: Call for hours or check web site.

Directions: Follow Robinhood Road, past Sherwood Plaza and past Polo Road. Turn right onto Olivet Church Road, continue 0.8 miles and turn right on Spicewood Drive and right again onto Trinidad Lane.

Vernon Wall's Blueberry Farm

6100 Wall Road
Tobaccoville, NC 27050
336-983-3961

Open: Monday - Sunday, dawn to dusk

Directions: Reynolda Road north (about 10 miles past Old Town). Turn right onto Ridge Road. Go approximately 1.5 miles on Ridge Road, turn left onto Wall Road. The farm is next to the second house on the left.

