



Enjoy the Fruits of Summer

Summer is a great time to enjoy fresh fruit. Throughout the summer different fruits are readily available at the grocery store, farmer's market or in our own backyards.

July is National Blueberry month and a great time to enjoy this colorful, flavorful fruit.

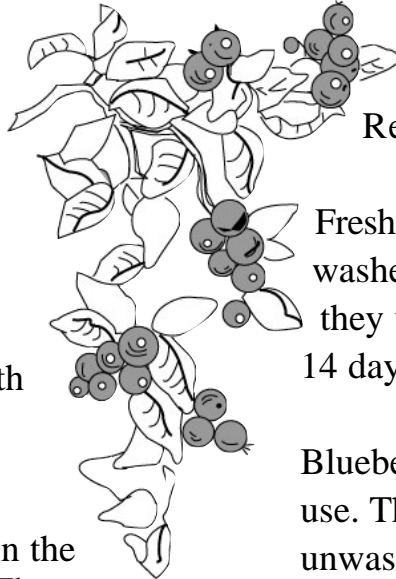
Blueberries have been a staple in the American diet for many years. They are colorful, taste good, healthy and convenient.

Blueberries are low in fat, sodium free and a good source of fiber and vitamin C. One-cup of fresh blueberries at 80 calories provides 5 grams of fiber and 15% of the vitamin C you need for the day.

Blueberries are easy to prepare and serve. There is no peeling, pitting, coring or cutting. Just rinse in clean, cool water, eat and enjoy.

Selection and Storage

When purchasing fresh blueberries look for ones that are firm, dry, plump, smooth-skinned and relatively free of leaves and stems. Berries should be deep-purple








blue to blue-black in color. Reddish berries are not ripe.

Fresh berries should be refrigerated, but not washed until ready to use. Refrigerated they will maintain their quality for 10 to 14 days.

Blueberries can easily be frozen for later use. The easiest way to freeze is to pack unwashed berries dry into freezer containers or bags leaving ½-inch of head-space. Washing blueberries before freezing will result in a tougher skin. They can also be frozen on a tray and then packed into containers as soon as they are frozen. Be sure to wash before using.

Using Blueberries

There are lots of recipes for using blueberries, but some of the best ways to use them are simple and easy:

-  Wash and eat
-  Add to pancakes, muffins or quick bread
-  Serve on top of ice cream or frozen yogurt
-  Top dry or cooked cereal with them
-  Add them to fruit salad or tossed salad.

Enjoy this colorful, healthy fruit of summer.

Blueberry Oatmeal Muffins

1 cup Flour
2 teaspoons Baking powder
1/2 teaspoon Salt
1/2 teaspoon Cinnamon
3/4 cup Rolled oats
1/2 cup Brown sugar
1 Egg
1 cup Skim milk
1/4 cup Vegetable oil
3/4 c Blueberries

Mix dry ingredients. Add brown sugar and oats. In a big bowl, beat egg, milk and butter. Add dry ingredients and mix gently until just mixed. Add blueberries. Fill greased or lined muffin cups 2/3 full. Bake 20 min. 375° F. Makes 12 servings

Nutrition Information per serving:
110 calories, 1 gm fat, 20 mgs cholesterol,
120 mgs sodium, 22 gms carbohydrates.



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July is National Ice Cream Month

Ice cream is a favorite treat any time of the year, but especially in the summer. Many remember making their own ice cream in a crank freezer in the backyard on a hot summer day. Nothing tasted better. Now we may not have the time or equipment to do this. Here is a quick easy fun way to make a serving or two of ice cream. This is a great way to have a delicious treat and make wonderful memories with a grandchild, niece, nephew or child from the neighborhood.

Ice Cream in a Bag

1 tablespoon sugar
1/2 cup milk
1/4 teaspoon vanilla
6 tablespoons rock salt
1 pint-size reclosable plastic bag
1 gallon-size reclosable plastic bag
Ice cubes

Fill the large bag half full of ice and add the rock salt. Close the bag. Put milk, vanilla and sugar into the small bag and seal.

Place small bag inside the large one and seal again carefully. Shake until mixture is ice cream, about 5 minutes. Wipe off top of small bag, open carefully and enjoy.

