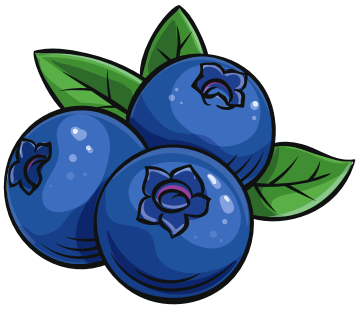
Harvest of the Month

JULY | BLUEBERRY

HEALTH BENEFITS

- **VITAMIN C**
- **FIBER**
- **VITAMIN K**
- **MANGANESE**



HEALTHY SERVING IDEAS

Eat them plain, or in a yummy fruit salad! Make a parfait! Top your favorite plain or vanilla yogurt with blueberries and granola or cereal for a yummy snack or breakfast. Bake! Make blueberry pie, crumble, or muffins.

Frozen blueberries can be thawed in cold water. To thaw in cold water, pour the desired amount into a bowl. Cover the blueberries with cold water. One cup of blueberries will thaw in about 5 minutes.

SHOPPING & STORAGE TIPS

Choose fresh blueberries that are plump and have a solid, dark blue color. Make sure there are no moldy blueberries in the package.

Refrigerate berries up to two weeks. Wash berries just before serving.

Shop for fresh berries in season to get the best value. Or buy frozen berries year-round at the grocery store.

Go blueberry picking! Find a local farm and go harvest your own fresh berries.

LIVE WELL | **WAUKESHA COUNTY**

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.

Live Well
Waukesha County

LEARN MORE AT

WWW.WAUKESHACOUNTY.GOV/LIVEWELL

INGREDIENTS

1 large mango, peeled & cubed
1 cup fresh blueberries
1 small banana, peeled & sliced
1 cup strawberries, sliced
1 cup seedless green grapes
1 cup nectarines, sliced
1 cup kiwifruit, peeled & sliced
1/3 cup 100% orange juice
2 tablespoons lemon juice
1 tablespoon honey
1/8 teaspoon ground nutmeg
1/8 teaspoon ground ginger

HONEY GINGERED FRUIT SALAD

1. In a large bowl, combine fruit
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

Live Well
Waukesha County

FOR MORE INFORMATION VISIT
WAUKESHACOUNTY.GOV/LIVEWELL

INGREDIENTS

½ cup thinly vertically sliced red onion
⅓ cup diced celery
¼ cup torn fresh basil
12 ounces shredded skinless, boneless rotisserie chicken (about 3 cups)
½ teaspoon kosher salt, divided
½ cup plain 2% reduced-fat Greek yogurt
2 ½ tablespoons fresh lemon juice
1 tablespoon honey
2 cups fresh blueberries
1 (5-ounce) package baby arugula
2 teaspoons extra-virgin olive oil
¼ teaspoon freshly ground black pepper

CREAMY BLUEBERRY CHICKEN SALAD

1. Combine first 4 ingredients in a medium bowl; sprinkle with 1/4 teaspoon salt.
2. Combine yogurt, 1 tablespoon lemon juice, and honey in a small bowl, stirring with a whisk.
3. Add yogurt mixture to chicken mixture; toss to coat. Gently stir in blueberries.
4. Place arugula, remaining 1 1/2 tablespoons lemon juice, oil, remaining 1/4 teaspoon salt, and pepper in a bowl; toss to coat.
5. Divide arugula mixture evenly among 6 plates; top each serving with about 3/4 cup chicken mixture.