Blueberries should be dark blue with a nice bloom or powdery coating.

*Bloom is a natural part of the berries' defense mechanism protecting them from the harsh rays of the sun.

*Blueberries will maintain their quality for up to two weeks after harvest if chilled properly.

*Do not wash until ready to use.

*Once blueberries are picked do not place them, still warm from the sun, in a closed bag or container. Leave your picking container open so moisture doesn't form in the container.

*To freeze, place dry, unwashed and unsweetened berries in freezing containers or plastic bags. They will freeze individually and pour out like marbles.

*Blueberries are considered to be the fruit with the highest level of antioxidants which are thought to be responsible for lowering the risk of some cancers and improving urinary tract health.

*Early research findings are showing that blueberries may be helpful in improving memory function.

*1 pint fresh blueberries = 3/4 pound or 2 1/2 C

*1 quart = 1 1/2 pounds = 4 cups

*3 pounds fresh blueberries - filling for 1 (9") pie shell

*1 cup fresh blueberries = 70 calories and is fat free.

*When using frozen blueberries in your baking, do not thaw them. Always add them frozen so they will not "bleed" in your baked goods.

*Did you know? Wild bears will eat nothing except blueberries when they are in season. It has been documented that they will travel, with an empty stomach from 10 - 15 miles per day to sniff out a blueberry patch.

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**Baked French Toast w/ Blueberry Sauce**

Loaf French or Italian Bread
4 eggs
1/4 t baking powder
5 cups fresh Bowman Blueberries
1 C chopped nuts
1/2 c granulated sugar
2 tbsp butter, melted
1/2 c milk
1 tsp vanilla extract
1 tsp cinnamon
2 tbsp cornstarch
Powdered sugar

Preheat oven to 450 degrees.

Slice bread into 12 - 14 slices about 1/4 inch thick; place on an ungreased cookie sheet. Whisk eggs, milk, baking powder, and vanilla; slowly pour mixture over the bread, turning to coat the bread completely. Cover with plastic wrap and refrigerate 1-2 hours or overnight.

Combine blueberries, nuts, cinnamon, sugar & cornstarch, place into greased 9x13 inch baking pan. Place bread (wettest side up) on the berry mixture. Wedge slices in tightly, cutting some pieces to fit, if necessary. Brush tops of bread with melted butter. Bake 20-25 minutes or until the toast is golden and the berries are bubbling around the sides.

Remove from the oven and sprinkle with powdered sugar. Let sit for 5 minutes before serving. Serve by turning the bread over so it is topped with the blueberry sauce.

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**Fresh Blueberry Pie**

1 (9") unbaked pie shell
1/2 C sugar
4 1/2 C Bowman Blueberries
1/2 C packed brown sugar
1/2 C butter
1/3 C flour
1/2 tsp cinnamon
1 Tbsp lemon juice
1 C flour

Combine 1/3 C flour, sugar, cinnamon & blueberries. Mix well and put into pie shell. Drizzle top with lemon juice. Combine brown sugar and 1 C flour. Cut in butter until mixture resembles coarse meal. Spread topping over berries. Bake for 30 minutes at 425 degrees, then cover with foil and continue baking for 20 minutes more.
Refrigerator Blueberry Muffins
1 1/2 C Bowman Blueberries 2 C sifted flour
1 1/2 tsp baking powder 1/4 tsp salt
1/2 C butter, softened 1 C sugar
2 eggs 1 tsp vanilla
1/2 C milk


Buttermilk Blueberry Waffles
1 1/2 C instant oatmeal 1 1/2 C flour, sifted
2 tsp baking powder 2 Tbsp sugar
2 C buttermilk 3 eggs
1 tsp vanilla 1/3 C oil
2 C fresh Bowman Blueberries

Mix together oatmeal, flour, baking powder, and sugar. Beat buttermilk, eggs, vanilla and oil. Add liquid to dry ingredients and stir until moistened. Fold in blueberries and spoon into preheated, lightly oiled waffle iron.

Blueberry Cinnamon Pancakes
2 C sifted flour 3 tsp. baking powder
1/4 C sugar 1 tsp salt
1/2 tsp cinnamon 1 1/2 C milk
1/4 C butter, melted 2 lightly beaten eggs
1 1/4 C fresh Bowman Blueberries

Mix flour, baking powder, sugar, salt & cinnamon. Add milk, butter & eggs. Mix lightly and stir in blueberries. Spoon batter onto lightly greased hot griddle.

Hot Spiced Blueberry Sauce
1 C Bowman Blueberries 1/4 C sugar
1/2 tsp cinnamon 1/4 tsp nutmeg

Combine blueberries, sugar, cinnamon and nutmeg. Bring to boiling point. Boil 5 minutes, stirring occasionally. Serve hot.

Blueberry Crisp
1 C graham cracker crumbs 1/4 C butter, melted
3/4 C packed brown sugar 1 tsp cinnamon
1/2 tsp salt 1/4 tsp nutmeg
1/8 tsp cloves 1 tsp vanilla
4 C Bowman Blueberries 2 Tbsp lemon juice
1 Tbsp water Whipped Cream

Combine graham cracker crumbs and butter. Press 1/3 cup crumbs into a 1-1/2 quart baking dish. Stir together sugar, cinnamon, salt, nutmeg and cloves, then add vanilla. Sprinkle 2 cups of the blueberries over crumbs. Cover blueberries with 1/2 of the sugar mixture, then sprinkle with 1 tablespoon of lemon juice and water. Repeat layers with 1/3 cup crumbs, remaining blueberries, sugar mixture and lemon juice. Top with remaining 1/3 cup crumbs. Cover and bake for 40 minutes in a 350 degree oven. Increase to 400 degrees and bake 10 minutes longer. Cool for 30 minutes and serve with whipped cream.

Alaskan Blueberry Coffee Cake
1 1/2 C flour 3/4 C sugar
2 1/2 tsp Baking powder 1 tsp salt
1/4 vegetable oil 3/4 C milk
1 Egg 1 1/2 C Bowman Blueberries
1/3 C flour 1/2 C packed brown sugar
1/2 tsp cinnamon 1/4 C firm butter

In a medium mixing bowl, blend together 1 1/2 cups flour, sugar, baking powder, salt, oil, milk, egg & 1 cup blueberries. Beat thoroughly for 30 seconds and spread in a greased round 9X1-1/2" pan or an 8X8X2" pan. Combine 1/3 cup flour, brown sugar, cinnamon and butter. Sprinkle over batter and top with the remaining berries. Bake in a 375F oven for 25 - 30 minutes, until done.

Basic Blueberry Pie Filling -
4 C Bowman Blueberries 1 c sugar
1/3 C cornstarch 1/4 c lemon juice

Mix berries, sugar & lemon juice in a heavy saucepan. Bring to boil, stirring frequently. Mix cornstarch with enough water to make a paste. Pour into the berry mixture, stirring constantly until thick. Cool. May be stored in refrigerator to be used on crepes or over Ice cream.

Banana-Blueberry Nut Bread
1/2 C Bowman Blueberries 1-1/2 C sifted flour
2/3 C sugar 2-1/4 tsp baking powder
1/2 tsp. salt 1/2 C uncooked oats
2 eggs, beaten 1/3 C melted butter
1 C mashed ripe bananas 1 C chopped nuts


Baked Squash with Blueberries
3 Bowman Acorn squash
1-1/2 C fresh or frozen Bowman Blueberries
1/2 tart Bowman Apple, peeled and diced
6 tbsp packed brown sugar
6 tsp butter

Preheat oven to 350 degrees F. Cut squash in half lengthwise and remove fibers and seeds. In a medium bowl, mix together blueberries, diced apple, brown sugar, and butter. Fill squash halves with blueberry mixture. Place in an ungreased casserole dish; add 1/2 cup water around the squash. Cover and bake 50-60 minutes. Remove cover and bake another 10 minutes or until squash is tender.