



NUTRITION &
FOOD SERVICES
NOBLESVILLE SCHOOLS

TAKE A TASTE

At Home

Wild Blueberries

Wild Blueberry Nutrition:

- February is National Heart Health month... Did you know that eating wild blueberries can help support your heart?! The purple-blue color pigment in the wild blueberries protects the cardiovascular system.
- The specific purple-blue color pigment in wild blueberries is called Anthocyanin.
- Eating wild blueberries as part of a balanced diet has also been linked to improved brain health.
- A greater intake of foods with flavonoids (color pigment that makes blueberries blue) has been shown to lead to a longer life span.
- Wild blueberries help reduce systemic inflammation
- Studies have shown that eating wild blueberries may improve calcium retention to promote bone health.

Q: Why did the wild blueberry get promoted?
A: It was BERRY good at delivering antioxidants!

Fun Facts about Wild Blueberries:

- Maine is the largest producer of wild blueberries.
- 99% of wild blueberries are sold frozen, only 1% is sold fresh.
- The use of bees increased the amount of wild blueberries that will be produced through pollination.
- Wild blueberries have the highest antioxidant capacity of all fruits; antioxidants help our bodies fight against sickness.
- Wild blueberries are hand-harvested because they grow on a low-height bush, no machinery is used to harvest them.
- Wild blueberries have no trouble surviving the harsh winters which makes them so healthy and strong.

Wild Blueberries vs Regular Blueberries:

Wild Blueberries	VS	Cultivated (Regular) Blueberries
Grown on a low bush in rugged conditions	Growing	Grown on a high bush, bred for size, sweetness & shipping
2x the amount of antioxidants; higher in fiber & manganese	Nutrition	More Vitamin C per serving, but fewer antioxidants
Smaller, denser, with more skin, less water	Size	Larger, plumper, more water-filled
Best for baking because they don't lose their shape	Culinary Application	Best for snacking, sweeter





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Wild Blueberry Snack Cake

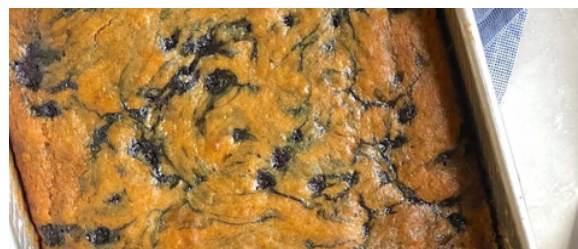
A soft, sweet treat full of antioxidants, B-vitamins, manganese, and fiber!

Ingredients

- 1 ¼ cup whole-wheat pastry flour
- Zest of 1 lemon
- ½ teaspoon ground cinnamon
- ¾ teaspoon baking powder
- ¾ teaspoon baking soda
- ¼ teaspoon kosher salt
- 1 egg
- ½ cup pure maple syrup
- ⅓ cup olive oil
- ½ cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 cup frozen Wild Blueberries (frozen)

Directions

1. Preheat oven to 350 degrees F
2. Put the flour, lemon zest, cinnamon, baking powder, baking soda, and salt into an 8-inch square baking pan. Use a fork to thoroughly mix the ingredients together.
3. Use your hands to make a hole in the center of the dry ingredients. Into the hole, crack the egg and add the maple syrup, olive oil, yogurt, and vanilla. Use a fork to mix the ingredients together until smooth and blended, being sure to get all the bits of flour in the corners of the pan.
4. Add the Wild Blueberries and mix them a few times into the batter so they are evenly distributed, and the cake has a marbled effect.
5. Bake until the cake is fairly firm when you press lightly at its center and a toothpick inserted in the middle comes out clean, about 38 minutes.
6. Remove from oven and leave on the counter to cool for at least 15 minutes. Cut into squares and use a small spatula to lift the pieces from the pan.



Wild Blueberry Color Change STEAM Activity

This STEAM experiment explores the natural pigments found in Wild blueberries, which change colors when mixed with different liquids.

Supplies:

- Wild blueberries
- Warm water
- Clear cups
- Lemon juice
- Baking soda
- Spoon
- Paper and crayons

Instructions:

1. Mash the blueberries in warm water to make purple "blueberry juice"
2. Pour the juice into 2-3 clear cups
3. Add lemon juice to one cup
4. Add baking soda mixed with water to another cup
5. Watch the colors change
6. Draw the colors you see in each cup to label!

→ Why does this work? Wild Blueberries contain **anthocyanins**, natural pigments that react to acids and bases.

