



# Gleaning Blueberries



**farmers Against Hunger**



## Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

**Nutrition Facts:** 1 Cup of Blueberries, **Protein:** 1 g, **Fat:** .5 g, **Carbohydrates:** 21 g, **Fiber:** 3.6 g, **Sugar:** 14.7 g, **Calcium:** 9 mg, **Magnesium:** 9 mg, **Potassium:** 115 mg, **Vitamin C:** 14.4 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

**Recipe:** *Frozen Yogurt Blueberry Bites*

**Season:** *Summer*

**Ingredients:** 6 oz. fresh blueberries, 6 oz. greek yogurt (any kind). **Instructions** 1. Line a baking sheet with wax paper. 2. Wash your blueberries. 3. Using a toothpick, dip each blueberry into the yogurt until covered. 4. Place on baking sheet and repeat for each blueberry. 5. Put baking sheet in the freezer and freeze for one hour. 6. Enjoy! (Blueberries can also be stored in a sealable freezer bag in the freezer).



## Fun Facts:



- ★ Blueberries are one of the only truly blue foods on earth.
- ★ Blueberries are one of the few fruits that are native to North America.
- ★ North America is the #1 exporter of blueberries.
- ★ Because of the high amount of antioxidants in blueberries, it is thought that they may help prevent damage caused by cancer, heart disease and Alzheimer's.
- ★ The peak season for fresh blueberries runs from mid-June to mid-August.

Source: FFAHorizons.org

For more information on **Farmers Against Hunger and NJ Agricultural Society**,  
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