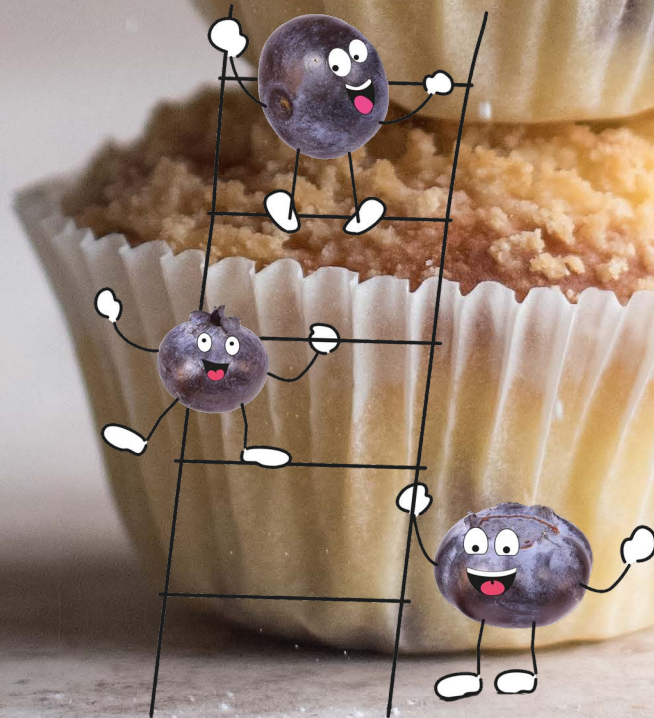


JULY 2022

CELEBRATE

NATIONAL BLUEBERRY MONTH

JUST **4** SCHOOLS



VULCAN

ABOUT NATIONAL BLUEBERRY MONTH

Native to North America, the blueberry has been consumed for thousands of years. The Native Americans were among the first to use the fruit as more than just a food – leveraging it for its medicinal properties, natural flavoring properties, etc. The blueberries the Native Americans were eating, however, were wild – which are a little different than what you may pick up at the grocery store today. ¹

The blueberry as we know it is the result of Elizabeth White’s commitment to cultivating the fruit. White, the daughter of cranberry farmers, was looking for ways to expand her family’s business with other crops. She dedicated years to figuring out the best way to grow blueberries – eventually partnering with botanist Frederick Coville in 1911. They were able to successfully grow blueberries in 1912 and commercialized them in 1916. Prior to their efforts, blueberries couldn’t be grown on a farm and the only way to get them was to find them in the wild. Their work allowed farmers in 35 U.S. states and other regions across the world to grow blueberries – making the U.S. the world’s largest blueberry growing region in the world. ²

July was officially proclaimed in 2020 by Secretary Sonny Perdue, however it wasn’t the first year this holiday has been recognized. President Richard Nixon recognized July as National Blueberry Month in 1974 – asking Americans to “observe that month with appropriate ceremonies and activities.” ³

FRUIT OF THE SUMMER

While you can find blueberries in your local supermarket year-round, these mighty fruits shine brightest in the summer months. In fact, the blueberry harvest in the U.S. typically starts in late Spring and lasts through early Autumn. Well known for being a no-fuss fruit, blueberries make a delicious summertime treat for kids and adults alike – simply pick, rinse and eat.

By the time July rolls in – bright and plump blueberries are in their peak across the country – making it the perfect time to be dubbed National Blueberry Month.





THE BLUEBERRY HARVEST

Blueberries begin to ripen right around the end of April, into early May. Depending on the size of the farm, blueberries are either picked by hand (about 60% of North America's crop is picked by hand) or picked commercially with machines. An extra fun and delicious fact about blueberries is they actually bloom twice a year. Once in the late spring or early summer and again right before winter. With warm days and cool nights being the ideal growing conditions for blueberries, even when North America's harvest is over in late September, we can still get ripe and flavorful blueberries from around the world almost any time of year.

BLUEBERRIES AND WHY WE LOVE THEM

Packed with antioxidants and vitamins, blueberries have been called everything from a superfood to nature's cure-all. They are bursting with one of the highest levels of antioxidants in any fruit or vegetable.

The antioxidants in blueberries protect your DNA from oxidative damage. DNA damage is the primary reason we grow older and plays an important role in the development of diseases like cancer. Several studies suggest that blueberries reduce DNA damage and some studies say by up to 20%.⁴

But the health benefits don't stop there. Regular blueberry intake is tied to lower blood pressure, lower cholesterol and a lower risk of heart disease. And if you need help remembering all of that, try eating a blueberry, because they may also help maintain brain function and improve memory.

No matter how you look at it, there's no downside to eating up these colorful, flavorful fruits.





3 FUN BLUEBERRY TREATS TO TRY IN YOUR K-12 SCHOOL

Well known for being a no-fuss fruit, blueberries make a delicious treat for kids and adults alike – simply pick, rinse and eat. If you’re looking to get “fancy” below, you’ll find some fun K-12 inspired blueberry treats to try in your school cafeteria this summer.

BLUEBERRY CRISP

INGREDIENTS

- 4 ½ lbs Blueberries, frozen
- 4 tbs Flour, whole grain
- 1 lb Oats, rolled
- ½ lb Flour, whole grain
- 1 ½ cups, Brown sugar
- ½ cup Sugar, granulated
- Pinch of Salt
- 1 tsp Nutmeg, ground
- ½ lb Margarine, cut up

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Spray 2” hotel pan with cooking spray and add blueberries.
3. Toss blueberries with 4 tbs of flour.
4. In another bowl, mix flour, oats, sugars and margarine until crumbly. Spread evenly over blueberries.
5. Bake at 350* for 30 minutes until internal temperature reaches at least 135*. Top should be golden brown and filling bubbly.
6. Portion pan into 4 x 8 for 32 servings of ½ cup of fruit.

CCP: Cook until 135* F.



Convection Oven



Heated Holding

Number of Portions: 32

Portion Size: ½ cup plus topping

GOOD MORNING BLUEBERRY MUFFINS

INGREDIENTS

7.25 cups (4 oz flour/cup) Flour, whole wheat
1 tbsp + 2 tsp Baking powder
6 cups Blueberries, frozen or fresh
1 tbsp Cinnamon
1 ½ tsp Salt
1 tsp Baking soda
3 cups Sweet Potatoes, canned
2 cups Sugar, brown, light packed
6 Eggs, whole fresh
5 oz Orange juice, 100%
5 oz Vegetable oil

INSTRUCTIONS

1. Combine flour, baking powder, cinnamon, salt and baking soda in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
2. In another bowl, combine sweet potatoes, light brown sugar, eggs, orange juice and oil on low speed until smooth.
3. Slowly add sweet potato mixture into the dry ingredients while mixing on medium speed. Mix only until moistened, 20-30 seconds.
4. Using a rubber spatula, gently fold blueberries to the batter until evenly distributed. Do not overmix.
5. Portion batter with No. 16 scoop (1/4 cup) into muffin pans lightly coated with pan release spray or paper lined. Fill no more than 2/3 full.
6. Bake until lightly browned.
7. To cool, remove muffins from pans and place on cooling racks.

No CCP necessary



Number of Portions: **50** | Portion Size: **1 muffin**



SAVORY BLUEBERRY PIZZA

INGREDIENTS

6 Frozen pizza dough, whole grain, presheeted
4 lb + 8 oz Mozzarella cheese, grated
2 lb + 1 oz Blueberries, fresh or frozen
2 lb + 10 oz Turkey ham, sliced
1 lb + 2 oz Onion, red, thinly sliced
4 ½ oz Basil, fresh, thinly sliced
¾ tsp Black pepper, ground

INSTRUCTIONS

1. Lightly spray three full size sheet pans (18" x 26" x 1") with pan release spray. Place 2 frozen pre-sheeted (12" x 16") dough pieces on each pan. Thaw and rise according to manufacturer instructions.
2. Once dough has risen, pinch sheets together to form one dough sheet. Lightly perforate the surface of the pizza dough with tines of a fork or pizza dough docker in several places. Form dough to edges of pan.
3. Leaving a 1-inch border, evenly sprinkle each pan with 12 oz grated mozzarella cheese and 11 oz blueberries.
4. Top again by layering another 12 oz grated cheese, 14 oz of turkey ham, and 6 oz diced onions evenly over each pan.
5. Bake until crust is golden brown, cheese is melted and blueberries are softly cooked.
6. Remove from oven; top each pan with 1 1/2 oz basil and 1/8 tsp pepper.
7. Cut each pan 4 x 4 for 16 slices of pizza per pan, 48 slices total.



CCP: Hold for hot service at 135° F or higher.

Number of Portions: **48 slices** | Portion Size: **1 slice**



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