

• Blueberry Season July - Mid -August

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Helpful Hint for Tastier Muffins*From Women's World Magazine*

Make muffin mixes taste more like homemade!
Just substitute 1 tsp. vanilla extract for 1 tsp. of the liquid called for on the box.

GLAZED BLUEBERRY PIE*Submitted by Evelyn Brower in Holland*

Fill one baked 9 inch pie shell with 3 cups fresh blueberries, washed and drained.

Add 1/2 cup water to an additional 1 cup blueberries. Bring just to boiling and simmer for 2 minutes.

Combine 3/4 cup sugar and 2 Tbsp. cornstarch. Moisten with some of the hot mixture and gradually add to mixture in pan. Cook, stirring until thick. Cool slightly. Add 1 Tbsp. lemon juice. Pour over berries in pie shell. Chill. Serve with Cool Whip.

SUNSHINE BLUEBERRY LOAF*Submitted by Diane Abshagen in Paw Paw*

1/2 C. margarine
1 C. sugar
3 eggs
2 tsp. grated lemon rind
3 C. flour
1 tbsp. baking powder
1/4 tsp. baking soda
1 1/4 C. orange juice
1 C. fresh blueberries
1/2 C. chopped nuts



Combine margarine and sugar. Blend in eggs and lemon rind. Add combined dry ingredients alternately with orange juice, mixing well after each addition. Fold in blueberries and nuts. Pour into greased and floured 9 x 5 in. loaf pan. Bake at 350 degrees for 1 hour and 15 minutes, or until wooden toothpick inserted in center comes out clean. Cool 5 minutes and remove from pan.

LOWER YOUR CHOLESTEROL SMOOTHIE!*Submitted by Kevin & Laura Valentine in Hastings*

1 C. frozen blueberries
2 C. Vanilla Silk (soymilk)
1/2 banana
1/2 C. frozen peaches or pineapple
1/2 - 1 orange (peeled)
1 tsp. cinnamon

Blend in blender or food processor and pour into a tall glass. Enjoy! Can be frozen in a tupperware glass and defrosted in the microwave.

Have a favorite blueberry recipe?

Submit your recipe and watch for it in next year's recipe sheet!
If your recipe is used, you will receive a complimentary gift.

BLUEBERRY QUICK BREAD*Recipe is from Good Housekeeping Magazine**Submitted by Jackie Bonn in Kalamazoo*

2 1/2 C. flour
3/4 C. sugar
1 Tbsp. baking powder
1/2 tsp. salt
6 Tbsp. butter, cut into pieces
3/4 C. walnuts (optional)
1 1/2 C. blueberries (if using frozen, do not thaw)
2 eggs
1 C. milk
1 tsp. vanilla

Preheat oven to 350 degrees. Grease and flour loaf pan. With fork, mix flour, sugar, baking powder and salt. With pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in walnuts (if using). Beat eggs and stir in milk and vanilla. Add to flour mixture and stir until just moistened. Gently stir in blueberries and spoon into prepared pan(s). Bake for 1 hour to 1 hour and 20 minutes until a toothpick inserted in center comes out clean. Cool in pan on wire rack for 10 minutes and remove from pan. Cool completely on wire rack and refrigerate. Refrigerate leftovers. Makes one 9 x 5 loaf or two 8 x 4 loaves

BLUEBERRY BARS*Submitted by Evelyn Brower in Holland*

Put one rounded Tbsp. frozen orange juice into 1/2 C. Oleo and let melt. Mix together with the following:

1 C. flour
1 C. brown sugar
1/4 tsp. salt
1 C. rolled oats

Put one half of the mix in a greased 8 X 8 pan. Mix 2 1/2 C. blueberries with 1/4 C. sugar and spread over first mixture. Cover with other half of the mix. Bake at 375 degrees for 45 minutes. Cut bars when cool.

BLUEBERRY-STUFFED FRENCH TOAST*Submitted by Mark Dietrich in Grand Rapids*

1 (1 lb.) loaf of French bread, unsliced
1 pkg. cream cheese
2 C. blueberries
8 eggs
2 1/2 C. milk, light cream or half & half
6 Tbsp. butter or margarine, melted
1 tsp. cinnamon
1 Tbsp. vanilla

Cut French bread into cubes. Grease 9 x 13 baking dish. Place half of the bread cubes in the dish. Layer with cream cheese, blueberries and then remaining bread cubes. In large mixing bowl mix together eggs, milk, melted butter, cinnamon and vanilla. Pour egg mixture evenly over the top of the bread mixture. Using a spatula, lightly press the layers down to moisten. Cover with plastic wrap and refrigerate for 2 to 24 hours. Preheat oven to 325 degrees and remove plastic wrap from baking dish. Bake for 35 - 40 minutes or until the edges are golden brown. Let stand 10 minutes before serving. Serve with warm real maple syrup. Serves eight adults.



BLUEBERRY GRANOLA BARS

North American Blueberry Council

- 1/2 cup honey
- 1/4 cup firmly-packed brown sugar
- 3 tablespoons vegetable oil
- 1 1/2 teaspoons ground cinnamon
- 3 1/2 cups quick-cooking oats
- 2 cups fresh blueberries

Preheat oven to 350° F. Lightly grease a 9x9-inch square baking pan. In a medium saucepan, combine honey, brown sugar, oil and cinnamon. Bring to a boil, and boil for 2 minutes; do not stir. In a large mixing bowl, combine oats and blueberries. Stir in honey mixture until thoroughly blended. Spread into prepared pan, gently pressing mixture flat. Bake until lightly browned, about 40 minutes. Cool completely in the pan on a wire rack. Cut into 1 -1 1/2 x 3-inch bars. Yield: 18 bars
Per portion: 97 calories, 1g protein, 3g fat, 17g carbohydrate

BERRY BERRY CAKE

Food & Family Magazine

Prep: 25 min. Total: 1 hr. 20 min.

- 1/3 cup Philadelphia Light Cream Cheese Spread
- 3/4 cup sugar, divided
- 2 egg whites
- 2 tsp. grated lemon peel
- 1 cup plus 2 tsp. flour, divided
- 1/2 tsp. baking soda
- 1/3 cup Breakstone's Free or Knudsen Free Fat Free Sour Cream

3 cups mixed fresh blueberries and raspberries, divided
1 1/2 cups -thawed Cool Whip Free Whipped Topping, divided

PREHEAT oven to 350° F. Beat cream cheese spread and 1/2 cup of the sugar in large bowl with electric mixer on medium speed until well blended. Add egg whites and lemon peel; mix well. Mix 1 cup of the flour and baking soda. Add to cream cheese mixture alternately with sour cream, beating well after each addition. (Do not overmix.)

SPRAY a 9 in. springform pan with cooking spray; spread cream cheese mixture onto bottom and 1 in. up side of prepared pan. Toss 2 cups of the berries with remaining 1/4 cup sugar and remaining 2 tsp. flour; spoon over the cream cheese mixture in pan to within 1 in. of edge.

BAKE 40 to 45 min. or until toothpick inserted in center comes out clean. Cool 10 min. before removing rim of pan. Top with remaining 1 cup berries. Top each serving with 2 Tbsp. whipped topping.

Makes 12 servings.

CALORIES 150, TOTAL FAT 2 g (SAT 1.5 g), CHOL <5 mg, SODIUM-105 mg, CARB 30 g, FIBER 2 g, SUGARS 16 g, PROTEIN 3 g, VIT A, 4% DV, VIT C, 10% DV, CALCIUM 2% DV, IRON 4% DV

MIXED BERRY PIE

Country Home Magazine

- 1 cup sugar
- 3 Tbsp. cornstarch
- 1 tsp. finely shredded orange peel
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/8 tsp. ground ginger
- 2 cups sliced strawberries
- 2 cups fresh blackberries or raspberries
- 1 cup fresh blueberries

Milk

Sugar

Combine 1 cup sugar, cornstarch, orange peel, cinnamon, nutmeg, and ginger. Add berries; gently toss to coat. Transfer berry mixture to pastry-lined pie plate. Trim pastry to edge of pie plate. Cut slits in remaining pastry; place on filling and seal. Crimp edge as desired. Brush top crust with milk and sprinkle with sugar.

To prevent overbrowning, cover edge of pie with foil. Bake in a 375° oven for 25 minutes. Remove foil. Bake for 20 to 25 minutes more or until top is golden and filling is bubbly. Cool on a wire rack. Makes 8 servings.



BLUEBERRIES & CREAM SHORTCAKE

U.S.H.B.C. as seen in Kalamazoo Gazette

- 2 cups flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 1/4 cups heavy (whipping) cream
- 1 tablespoon melted butter (optional)
- 2 cups fresh blueberries
- 1/3 cup blueberry or other fruit jelly
- 3/4 cup sweetened whipped cream or whipped topping

Preheat oven to 400 F. Spray a 9-inch square baking pan with nonfat cooking spray.

In a medium-sized bowl, combine flour, sugar, baking powder and salt. Stir in heavy cream to form a dough. Pat dough evenly on the bottom of the pan. Bake until the top is golden brown, about 18 minutes; if desired, brush the top with butter after 15 minutes. Cool shortcake slightly; cut in six rectangles. Cut each one diagonally in half.

In a microwaveable bowl, combine berries and jelly; microwave on high until jelly melts, about 45 seconds.

To serve: Place one triangle on each dessert plate. Top triangles with two-thirds of the berries and the whipped cream, dividing equally. Prop remaining triangles on top; add the remaining whipped cream and berries.

Makes 6 servings. Preparation time is 15 minutes, cooking time 20 minutes.

Nutrition information per serving: 467 calories, 23g fat, 6g protein, 59 carbohydrates.

LEMON-BLUEBERRY BISCUITS

Judy Otten of Natura Farms in Forest Lake, Minnesota

- Seen in Midwest Living Magazine

Prep: 20 minutes. Bake: 15 minutes.

- 2 cups all-purpose flour
- 1/4 cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup butter
- 1 egg, slightly beaten
- 1 8-ounce carton lemon or orange yogurt
- 1 teaspoon finely shredded lemon or orange peel
- 1 cup fresh or frozen unsweetened blueberries

Lemon Glaze (recipe follows)

1. In a large bowl, mix flour, sugar, baking powder, soda and salt. Using pastry blender, cut in butter to form coarse crumbs. Make well in center of mixture.

2. In a small bowl, stir together the egg, yogurt and peel. Add to flour mixture and stir till moistened. Fold in berries.

3. Drop by rounded tablespoons onto a greased baking sheet. Bake in a 400° oven for 15 to 18 minutes or till golden. Remove to wire rack. Drizzle glaze over warm biscuits. Serve warm. Makes 12.

Lemon Glaze: In a medium mixing bowl, mix 1 cup sifted powdered sugar, 1 teaspoon finely shredded lemon peel or orange peel, 1 teaspoon vanilla and 2 to 3 teaspoons lemon juice for a drizzle.

Nutrition facts per serving: 197 cal, 5g fat, 30mg chol, 230mg sodium, 35g carbo, 1g fiber, 4g pro.

BEAR CHASER BLUEBERRY PIE

Jessica L. Fandrich from Angle Outpost Resort in Angle

Inlet, Minnesota *

-Seen in Midwest Living magazine

Prep: 40 minutes. Bake. 13 Minutes Chill: 6 to 24 hours
Baked Piecrust (recipe follows)

- 2 tablespoons cornstarch
- 2 tablespoons whipping cream
- 3 cups fresh blueberries
- 1/2 cup sugar
- 1/4 cup pineapple juice
- 1/2 of an 8-ounce package cream cheese
- 2 tablespoons sugar
- 1 tablespoon pineapple juice
- Whipped cream (optional)

1. Prepare Baked Piecrust; set aside.

2. For blueberry filling: In a small bowl, stir together cornstarch and whipping cream (mixture will be thick, like a paste). Set aside.

3. In a medium saucepan, bring blueberries, the 1/2 cup sugar and the 1/4 cup pineapple juice to boiling over medium heat; reduce heat. Simmer, uncovered, for 5 minutes, stirring frequently. Stir in whipping cream mixture. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 2 minutes more. Remove saucepan from heat. Transfer mixture to a medium bowl. Cover surface with plastic wrap and cool without stirring for 1 hour.

4. For cream cheese filling: In a small mixing bowl, beat cream cheese, the 2 tablespoons sugar and the 1 tablespoon pineapple juice with an electric mixer on medium speed till combined.

5. Spread cream cheese filling in the baked pastry shell. Pour blueberry filling over cream cheese. Cover and chill 6 to 24 hours before serving. Top each serving with some whipped cream, if you like. Makes 8 servings.

Baked Piecrust: In bowl, mix 1 1/4 cups all-purpose flour and 1/4 teaspoon salt. Using a pastry blender, cut in 1/3 cup shortening till pieces are pea-size. Sprinkle 1 tablespoon cold water over part of the mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon cold water at a time (total of 4 to 5 tablespoons), till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough. Roll from center to edges into a 12-inch circle. Transfer to a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim pastry to 1/2 inch beyond edge of plate. Fold under extra pastry. Crimp edge (don't prick pastry). Line pastry with a double thickness of foil. Bake in a 450° oven 8 minutes. Remove foil. Bake 5 to 6 minutes more or till crust is golden. Cool on wire rack.

Nutrition facts per serving: 300 cal, 15g fat, 21mg chol,

118mg sodium, 38g carbo, 3g fiber, 3g pro.



ZESTY SUPERSTAR SCONES

Seen in "First" Magazine

Makes 8 servings

- 2 cups flour
- 1/2 cup sugar, divided
- 1 Tbs. baking powder
- 1 Tbs. lemon zest
- 1/2 tsp. salt
- 1/4 tsp. ground nutmeg
- 6 Tbs. butter
- 1 cup blueberries
- 1/2 cup, plus 1 Tbs. heavy cream, divided
- 1 egg
- 1 tsp. vanilla extract

Heat oven to 350° F. Combine flour, 1/3 cup sugar and next 4 ingredients. Cut in butter; stir until pea-size crumbs form. Add berries, 1/2 cup cream, egg and vanilla. On floured surface, press mixture into 1 1/2" thick 9" round. Using 3 star-shaped cookie cutters (various sizes), cut dough. Transfer to greased baking sheet. Brush with 1 Tbs. cream and sprinkle with remaining sugar. Bake 10 min., or until toothpick inserted in center comes out clean.

Per serving: Cal. 323. Pro., 5g Carb. 40g, Fat 16g Fiber 1g, Chol. 74mg