

MONTANA BLUEBERRIES



Blueberries are a delicious, highly nutritious fruit with many health benefits. They are one of the only foods that are naturally blue.

LOCAL SUPERFOOD

- Blueberries have one of the highest antioxidant levels of all common fruits and vegetables, boosting heart and vascular health.
- They are packed with nutrients, such as fiber, vitamin C, and manganese.
- Their anthocyanins may slow progress of cancer by inhibiting the proliferation of cancer cells.
- Brain health: blueberries may improve neuronal signaling and protect brain function.
- Controlling diabetes: bioactive compounds with antidiabetic properties in blueberries may reduce sugar levels in the body, improving insulin sensitivity.
- Protection against urinary tract infections (UTIs): blueberries may help prevent the bacteria responsible for UTIs from adhering to the bladder wall.

GREAT IN FOOD, BEVERAGES

- Smoothies, jams, syrups, pies, oatmeal, yogurt, pancakes, cheesecake — the list is endless.

VERSATILE INGREDIENT FOR PAIRING

Blueberries pair well with a variety of ingredients, including other fruits, spices, herbs, nuts, and certain cheeses. They are particularly delicious with lemon, other citrus fruits, and can be incorporated into both sweet and savory dishes. Here are some interesting ways to pair them:

- Other Fruits and nuts: Strawberries, raspberries, blackberries, mango, banana, cherries, lychee, and even avocados; walnuts, etc.
- Citrus: Lemon, limes, oranges, grapefruit.
- Spices: Cinnamon, nutmeg, cardamom, ginger
- Herbs: Basil, thyme, mint, rosemary.
- Cheese: Cheddar, especially maple cheddar.
- Balsamic Vinegar: A great combination for savory dishes like chicken or turkey.
- Game Meats: Duck and other game meats.
- Salads: Blueberries can be added to salads with spinach, lettuce, nuts, and a light dressing.
- Wines: blueberries can pair well with fruit wines, particularly those made from other berries like blackberry or raspberry, and with wines that have similar notes of dark fruit. Blueberries can also be paired with some wines with brighter, more acidic notes, such as a cava rosé or a slightly chilled Lambrusco.
- Craft beer: blueberries can enhance the fruitiness of IPAs and sours.
- Cocktails, liqueurs, punches, lemonade.

HARVEST TIME EARLY AUG TO LATE SEPT

Fresh Montana blueberries are picked in August to late September give or take a few weeks.

AVAILABLE YEAR ROUND

Whether fresh or frozen, Montana berry growers have supplies available until we sell out.

**Buy Our Montana-Grown
Blueberries and Berry Products**



FIND YOUR LOCAL BERRY GROWERS AT:
montanaberries.org

 [instagram.com/mtberrygrowers](https://www.instagram.com/mtberrygrowers)

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