

FRESH FARE

SUMMER'S Superfood

Celebrating the Small but Mighty Blueberry

Whether you use them in a favorite cobbler recipe, blend them into a morning smoothie or sprinkle them over creamy yogurt, blueberries are one of summertime's most popular fruits. Even though blueberries are native to America, the first commercial crop wasn't sold until 1916! Elizabeth White, the daughter of a cranberry farmer, collaborated with Frederick Coville, a USDA botanist, to produce and sell the first crop of highbush blueberries in Whitesbog, New Jersey. This year, blueberries are celebrating their 100th anniversary of cultivation.

A little berry with big health benefits, just one cup of cultivated blueberries has

9,019 total antioxidants — including vitamin A, vitamin C and flavonoids, such as quercetin and anthocyanidin — and only 80 calories! Blueberries are also a good source of dietary fiber, and according to a 2012 study published in *Annals of Neurology*, they may even help prevent memory loss.

The next time you're picking up a carton of blueberries, remember that the perfect blueberries are somewhat dusty in color. Rinsing can soften the blueberries and subsequently cause them to spoil more quickly. Instead, wait to wash your fruit until immediately before you're ready to enjoy it. ●

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