

## BLUEBERRY UPSIDE-DOWN PUDDING

- 1 pint blueberries
- $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  cup shortening
- 1 egg
- 1 cup flour
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  cup milk

Pour washed blueberries into buttered casserole ( $1\frac{1}{2}$  quart size) and sprinkle with  $\frac{1}{4}$  cup sugar. Cream shortening,  $\frac{1}{2}$  cup sugar, and 1 egg together. Sift together flour, baking powder, and salt. Add this to creamed mixture alternately with  $\frac{1}{2}$  cup milk. Pour batter over blueberries. Bake at  $375^{\circ}\text{F}$  for 45 minutes. Spoon out while hot and serve with cream, whipped cream, ice cream, or milk. Serves 4 to 6.

## BLUEBERRY SAUCE

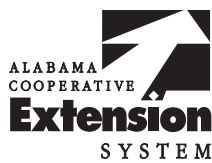
- 1 cup blueberries
- $\frac{1}{2}$  cup water
- $\frac{1}{3}$  cup sugar
- 1 teaspoon cornstarch
- $\frac{1}{8}$  teaspoon salt
- 1 teaspoon butter or margarine
- 2 tablespoons lemon juice

Combine  $\frac{1}{2}$  cup of blueberries and water in a small saucepan. Bring to a boil, reduce heat, and simmer 3 minutes. Combine sugar, cornstarch, and salt in a cup. Stir into hot berries. Cook, stirring constantly, until mixture thickens and boils 1 minute. Add rest of berries and cook 3 minutes longer. Stir in butter or margarine and lemon juice. Serve warm or cold. Makes approximately  $1\frac{1}{2}$  cups of sauce.

## BLUEBERRY MUFFINS

- $1\frac{3}{4}$  cups sifted all-purpose flour
- $\frac{1}{2}$  teaspoon salt
- $2\frac{1}{2}$  teaspoons baking powder
- $\frac{2}{3}$  cup sugar
- 1 large egg, beaten
- $\frac{2}{3}$  cup milk
- $\frac{1}{4}$  cup shortening, melted
- 1 teaspoon vanilla extract
- 1 cup fresh blueberries

Sift together flour, salt, baking powder, and sugar in mixing bowl. Add egg, milk, shortening, and vanilla extract. Mix only until all ingredients are blended, using about 28 strokes. Stir in dry, washed blueberries. Drop batter into well-greased, lightly floured muffin pans, filling them three-fourths full. Bake in a preheated moderate oven ( $375^{\circ}\text{F}$ ) for 20 to 25 minutes. Serve hot. Makes 12 to 14 muffins.



*Your Experts for Life*

## HE-579

**Barbara Struempler**, *Extension Nutritionist*, Professor, Nutrition and Food Science, and **Arlie A. Powell**, former *Extension Horticulturist*, both with Auburn University. Based on a publication originally prepared by **Oleane Carden Zenoble**, former *Foods Specialist*, and **Arlie Powell**.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension Service, Auburn University, W. Gaines Smith, Interim Director, offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

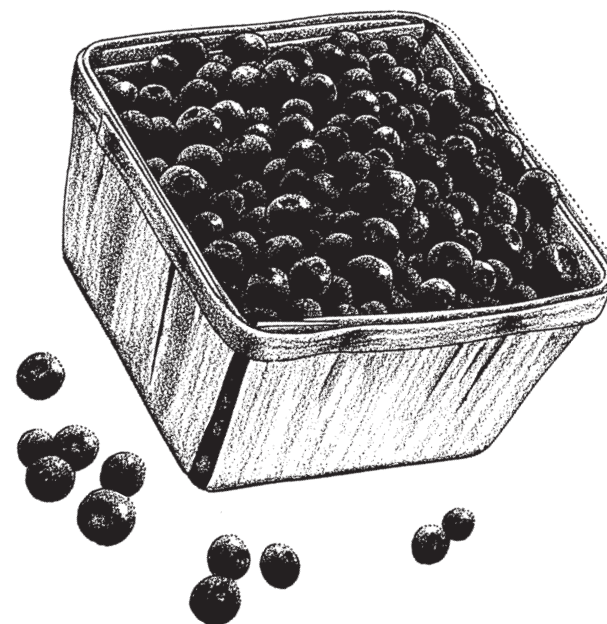
6M, Reprinted June 2006, HE-579

© 2006 by the Alabama Cooperative Extension System. All rights reserved.

Alabama Cooperative Extension System  
Alabama A&M and Auburn Universities

HE-579

# Alabama Blueberries



*Your Experts for Life*

[www.aces.edu](http://www.aces.edu)

# Alabama Blueberries

**B**lueberry production, mostly of the rabbiteye type, is increasing in Alabama. At present about 400 acres of blueberries are produced annually. About half the blueberries are shipped while the remainder are grown for local pick-your-own operations and roadside outlets.

The blueberry is also used in the landscape and home fruit plantings. The deciduous shrub is quite hardy throughout the state. There are over 34 species of blueberries worldwide. The rabbiteye (*Vaccinium ashei*) is native to the Southeast and is the most popular species grown throughout Alabama. Tifblue, Brightwell, Premier, and Climax are among the most popular improved varieties of rabbiteye presently being grown. Highbush blueberries grow quite well in the northern third of the state.

The blueberry belongs to the same family (but a different genus) as the wild huckleberry. Huckleberries have 10 very hard seeds, and their berries are blackish when ripe. Blueberry fruits are larger and have many small, softer seeds that are not very noticeable when eaten. Most blueberries produce fruits which have a powdery gray-blue "bloom" (a natural wax) on the surface of the skin which helps reduce moisture loss after harvest.

## Harvesting Blueberries

Blueberries are ready for harvest beginning no sooner than 3 to 4 days after fruits become fully blue. Berries will not ripen further after harvest. Once berries become ripe, they can remain on plants for 7 to 10 days without significant loss in quality. For best results, blueberries should be harvested carefully when they are dry and fully ripe. To ensure good quality, they should be properly stored.

## Handling Blueberries

Blueberries are not as perishable as most other berries. While other berries keep their quality only a day or two after you buy them, blueberries will keep about a week if they are handled properly.

Use care in working with blueberries—they do bruise easily. Put blueberries in a plastic container and refrigerate them as soon as possible. Do not wash blueberries until you are ready to use them. The added moisture will hasten the growth of mold on the berries.

## Freezing Blueberries

Only ripe, full-flavored berries should be used for freezing. Blueberries do not have to be washed before freezing. Washing prior to freezing results in a tougher-skinned product. However, the berries should be harvested when they are dry, and they should be washed after thawing.

If blueberries are washed before freezing, you should sort the berries then wash them quickly in cool water. After washing the berries, spread them on a metal tray in a single layer. Allow the berries to dry (they stick together if they are frozen wet). Then freeze them until they are solid. Finally, pack the berries in freezer containers, and label the containers. Blueberries may be frozen in containers or covered with a cold 40 percent syrup (3 cups of sugar to 4 cups of water).

## Serving Blueberries

Blueberries can be classified as a convenience food because there is no pitting, peeling, or waste. A pint serves four people generously, and a half-cup serving of blueberries contains only 44 calories. Fresh blueberries are a source of vitamins A and C, as well as potassium and phosphorous. Shiny, plump blueberries are delightful to eat:

- Top cereal with blueberries, or sprinkle fresh blueberries on ice cream, melons, or meringue shells.
- Use blueberry sauce on vanilla pudding or ice cream.
- Make blueberry crepes. Place sweetened blueberries sprinkled with lemon juice in the center of freshly cooked crepes and roll the crepes. Top with whipped cream and more berries or a blueberry sauce.
- Stir blueberries into pancake, waffle, or cake batter.
- Nestle a few blueberries inside biscuits along with a little butter and sugar, bake, and serve hot for a surprise opening.

## Blueberry Recipes

### DEEP DISH BLUEBERRY PIE

Pastry for 2-crust pie

6 cups fresh blueberries

1 cup sugar

1/4 cup cornstarch

3 tablespoons lemon juice

3 or 4 tablespoons butter or margarine

Prepare and roll pastry. Line greased baking dish with bottom pastry. Combine washed blueberries with other ingredients and put in the pastry. Dot with butter. Top with remaining rolled pastry, seal edges together, and make small slits in top pastry to let steam escape during baking. Bake at 400°F for 15 minutes. Lower oven temperature to 350°F and continue baking for about 45 minutes until crust is browned. Serve hot or cold. Top with cream, whipped cream, or ice cream if desired.

For one 9-inch pan pie, use 4 cups blueberries, 3/4 cup sugar, 4 tablespoons flour or cornstarch, and 1 1/2 tablespoons butter. Prepare as above. Bake about 10 minutes at 400°F, then 30 minutes at 350°F.