

## Fun Food Feature of the Week!

### Blueberries

- There are 30 different species of blueberries that grow in different regions of the country.
- The North American Indians used the fruit as a staple but other colonists did not begin consuming them until the 19th century. The fruit was cultivated and became commercially available in 1916.
- When selecting blueberries, shake the container and watch for fruit moving freely in the package. This indicates that the fruit is not too soft or have already been damaged.
- Blueberries grown in the United States are available from May through October. Imported blueberries are available all year long.
- Blueberries are a "superfood" containing many antioxidants including *anthocyanidins* which have been shown to decrease risk for cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease, and cancer.



### Easy Fresh Fruit Salad

- 1 medium pineapple cut into 1 inch chunks
- 1 pint (2 cups) fresh strawberries sliced
- 1 pint (2 cups) fresh blueberries
- 2 cups small seedless green grapes
- 1 bunch leaf lettuce
- 1/2 cup raspberry vinaigrette dressing
- 3-4 ounces feta cheese crumbled

Makes 6 (1 1/2 cup) servings

Exchanges: 2 fruit, 1 high-fat meat

Mix fruits together in a bowl. Serve on a bed of lettuce. Drizzle with dressing and sprinkle with feta cheese.

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