Plant: Remove from pot and lightly roughen up the outside surface of the root ball. Set the top soil line of the plant about 1-2 inches higher than the existing ground and firm around root ball. Plant plants 4-5 feet apart in sunny, well drained area. Blueberries prefer an acidic soil of pH of 4.09 to 5.0.

Grow: Water heavily the first 2 weeks. Must experience cold (36 degrees F or less) for at least 6 weeks annually

Harvest: Blueberries will be ready for picking in late June - August. Don’t rush to pick the berries as soon as they turn blue. Wait a couple days. When they are ready, they should fall off right into your hand. Full production is reached after about 6 years.

Nutritional Information:
Blueberries have high levels of antioxidants and fiber. Blueberries also contain vitamin C, vitamin A, iron, calcium, manganese, vitamin K, vitamin E, zinc, phosphorus and selenium. Blueberries’ high flavonoid is of scientific interest for its possible protection against dementia.

How to Prepare: Wash blueberries just before eating and enjoy them fresh, mixed with other berries, on top of yogurt or cereal or even salad! You can also add them to smoothies or baked goods such as waffles and muffins. Blueberries are one of the easiest fruits to freeze. Wash, dry thoroughly, and pop them in the freezer in Tupperware or a plastic bag. You’ll have berries all winter long.
Breakfast Quinoa with Blueberries

Yields: 2 cups
Serving size: 1/2 cup

Ingredients
2 cups low-fat milk
1 cup quinoa, rinsed
3 tablespoons light-brown sugar
1/8 teaspoon ground cinnamon
1 cup (1/2 pint) fresh blueberries

Preparation
1. 2 cups whole or low-fat milk, plus more for serving
2. 1 cup quinoa, rinsed
3. 3 tablespoons light-brown sugar, plus more for serving
4. 1/8 teaspoon ground cinnamon, plus more for serving
5. 1 cup (1/2 pint) fresh blueberries, plus more for serving
6. Serve in 1/2 cup portions.

Nutrition Facts per Serving:
257 calories, 2 g fat, 48 g carbohydrates, 4 g fiber, 10 g protein