



BLUEBERRIES

Whether purchased fresh at the grocery store or picked yourself, no one can resist a pint of local blueberries. It's wise to stock up because blueberries from elsewhere don't compare to those that grow in our regions (and even in our cities!). Here's how to enjoy these local antioxidant bombs all year round.

Store it as soon as you buy it!

Store unwashed blueberries in the fridge in a container with a dry cloth at the bottom to absorb moisture.



Make reserves!

Mid-July to late August

ENJOY IT ALL YEAR ROUND!



Freezing!

Spread the blueberries on a baking sheet separated from each other. Place the frozen blueberries in an airtight bag, removing as much air as possible. Keeps up to 1 year.



Dehydration!

Spread the blueberries on a baking sheet, place in the oven at the lowest temperature with the door slightly open. Expect 1-2 hours for a convection oven and 10 hours for a conventional oven. In a dehydrator, set the temperature to 135°F for a few hours (check regularly, dried blueberries should have a leathery texture).



Canning!

Wash and crush 4 cups of blueberries. In a deep pot, mix the blueberries, 1 cup of unsweetened fruit juice, and a packet of Bernardin "no-sugar needed" pectin. Bring to a boil over high heat. If desired, add 1 cup of sugar and boil for 3 minutes (stir frequently). Pour the mixture into jars, leaving 0.5 cm from the top. Pasteurize the jars for 10 minutes. Detailed recipe here: **Bernardin Blueberry Jam**.



Lacto-fermentation!

Place blueberries in a jar. Add salt equivalent to 2% of the weight of the fruit. Optionally add a bacterial culture (or whey) to aid fermentation. Ferment for a few days at room temperature. Detailed recipe here: **Revolution Fermentation**.