

GIVE YOUR SUMMER A BOOST OF BLUE

Sweet summertime just got sweeter with
oh-so-many ways to love blueberries



EVERY SEASON IS BLUEBERRY SEASON. BUT SUMMER? SUMMER IS PEAK SEASON FOR BLUEBERRIES HERE IN THE U.S.

It's true that [you can grab a boost of blue all year long](#), thanks to farmers in North and South America who have a passion for growing the most delicious and high-quality blueberries. Summer is just the blues' time to shine, especially with July designated as **National Blueberry Month!**

There are endless ways to love blueberries this summer. We love the classics: adding blueberries to our cereal and salads, as well as snacking on them throughout the day.

Blueberries are a no-muss, no-fuss fruit that requires no slicing or peeling – just grab a boost of blue, rinse and enjoy! A good source of vitamin C and fiber, you can feel good about eating, sharing and serving blueberries. And your heart might love them even more than you do, as they're certified as heart-healthy through the American Heart Association Heart-Check Food Certification Program.



TOP TIPS ON HOW TO ADD A BOOST OF BLUE TO ALL YOUR SUMMER DAYS:



- Pack them as a snack for a trip to the beach, picnics, hike or time with family and friends.
- Enjoy them after your workouts or before heading out on a run.
- Keep a bowl of blues on your desk as a mid-meeting or mid-day snack.
- Blueberries are both a healthy and fun snack for the kids! Beat boredom by having your young ones count the blueberries, create a smiley face or shape on the plate before digging in or get them involved in simple blueberry recipes.
- Cook them into sauces for dishes on the grill. [Blueberry BBQ sauce](#), anyone?
- Use them to add a delicious boost of blue to [fruit salads](#) and [fruit kebabs](#).
- Add to refreshing [cocktails](#) or mocktails. From creating your own blueberry syrup to making [blueberry rosé](#), the options are endless.
- Sprinkle on your morning [yogurt](#), or layer into a parfait for an added boost to your day.
- Toss in salads for an extra burst of color & flavor.
- Have an extra carton of blueberries? Pop it in the freezer and use it to make sweet summertime desserts like homemade blueberry [sorbet](#) or [ice cream](#). You can also eat blueberries right out of the freezer.
- Make your own [blueberry ice cubes](#) to add a boost of blue to your drinks! From sparkling water to cocktails, they're a refreshing pop of blueberry color and flavor.
- Red, white and blue-berries! Check out our [Blueberry Yogurt Dip Snack Board](#) for a fun way to create your very own blueberry-themed dish for the 4th of July.
- Go blueberry picking! Research your nearest U-pick blueberry farm, then head over for a fun afternoon of picking.
- While there are so many fun and delicious ways to add a boost of blue to all your summer plans, our favorite (and the easiest!) way to enjoy blueberries is by the handful, all summer long!



Blueberry
Moscow Mule



Easy Blueberry
Quesadilla



Grilled Blueberry
Fruit Kebabs



Tuscan Kale Salad
with Blueberries

From upgrading your go-to summer recipes to picking your very own boost of blue, enjoy the ease, convenience, health benefits, and deliciousness of blueberries!