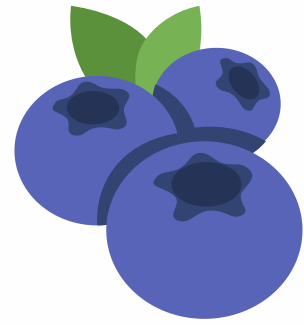


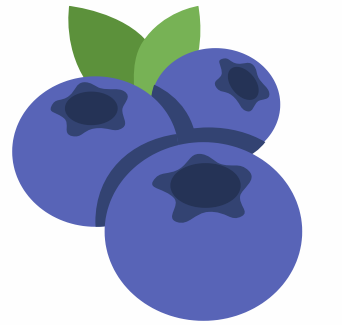
Top 5 Hacks to Grab A Boost of Blue



Defrost frozen blueberries and mix the liquid with some apple cider vinegar for a **delicious homemade salad dressing.**

Toss blueberries with a little bit of flour before folding them into your favorite batter – it will keep them from sinking to the bottom!

Reduce food waste by freezing leftover fresh blueberries individually on parchment paper before storing.



#DYK

that people who learn a new fruit and veggie hack are more likely to #haveaplant more often? Here are 5 hacks to help your blues last longer while maximizing flavor and taste.

For more blueberry inspired tips and tricks be sure to visit

blueberry.org

Make a simple **homemade blueberry preserve** by heating blueberries with water, coconut sugar syrup, & cinnamon. Add to toast or yogurt to elevate breakfast from everyday to gourmet.

Give plain sparkling water an upgrade by **muddling some fresh blueberries** and garnishing with a sprig of mint!