

# HARVEST OF THE MONTH BLUEBERRIES

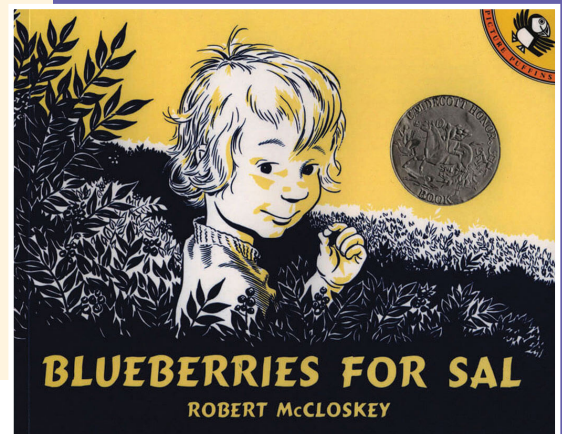
We are berry, berry  
delicious!



## WHY SHOULD I EAT FRESH BLUEBERRIES?

Don't let their miniature size fool you! Blueberries are full of vitamin C, fiber, and antioxidants. They can fight disease, prevent some kinds of cancer, and even build healthy brain function.

## READ IT! Blueberries for Sal by Robert McCloskey



## MAKE IT! BEST EVER GEORGIA BLUEBERRY MUFFINS

- 1 3/4 cup sifted flour
- 1/3 cup oil
- 1/2 cup milk
- 2 1/2 tsp. baking powder
- 2 tbsp. sugar
- 1 cup fresh GA blueberries, tossed lightly in 2 tbsp. flour
- 3/4 tsp salt
- 1 egg, well beaten

### Directions:

Sift dry ingredients into mixing bowl; make a well in center. Combine egg, milk, and oil. Add to dry ingredients. Stir quickly until moistened. Stir blueberries gently into batter. Fill muffin cups 2/3 cups full. Bake at 400 degrees for 25 minutes. Makes 12.



What happens when Sal and her mother meet a mother bear and her cub?

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