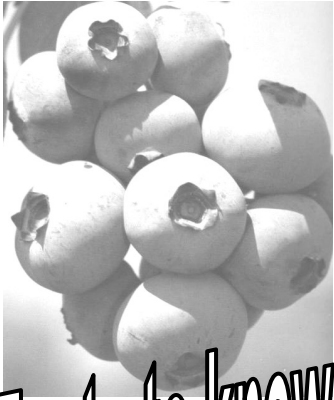


# DIRT fresh news



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Stanislaus County



## Facts to know

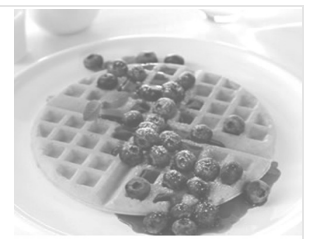
Native Americans and early American settlers recognized the blueberry for its flavor, nutrition and health benefits.

## Blueberries!

- Blueberries were used in soups, and stews
- The berries were dried and stored for winter consumption
- The berries were also used as medicine for coughs, as a relaxant during childbirth and to combat digestive ailments
- Blueberries rank No. 1 in antioxidant benefits, compared to 40 other fresh fruits and vegetables!
- Antioxidants help neutralize harmful "free radicals" that can lead to cancer and other age-related diseases



- Blueberries are rich in pectin, which may help to lower cholesterol
- A cup of blueberries provide nearly a third of the RDA for vitamin C. Wow!



### Blueberry Syrup

- 4 cups Blueberries
- 1 Lemon juiced
- 1/4 cup Water
- 1/3 cup Sugar

Combine ingredients together in saucepan. Bring to boil, cook for 1 minute. Puree and strain.

## Who Grows Them?



### Riverdance Farms

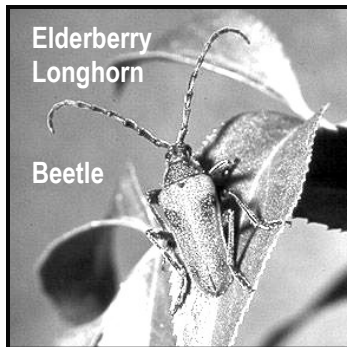
Riverdance Farms is located along the Merced River in the San Joaquin Valley. It's situated next to a state park and wildlife refuge where deer, fox and bobcats roam. Riverdance Farms is an organic farm owned by Bill Thompson and Cindy Lashbrook. Together they grow almonds, cherries,

walnuts, lavender, pecans and blueberries. Each year in the fall, pumpkins, persimmons and pomegranates are also available.

Bill and Cindy are proud to have a farm that incorporates wildlife and native plant populations. Their goal is to show that farms and nature can co-exist and even enhance each other. In the future, they hope to host visits of school children to their farm.

The couple is concerned about a local endangered species, the Elderberry longhorn beetle. This insect lives on elderberry bushes along the river.

To visit the farm, make an appointment by calling (209) 761-0081. The address: 12230 Livingston Cressey Rd.



Livingston, California

Special thanks to all the blueberry growers who made our local harvest donation to schools possible!

**Riverdance Farms  
Barry's Blues in Atwater,  
Knapp Farms in Winton, &  
Tom Valenta's Farm in Atwater.**

### Nutrition Facts

Serving Size 1 cup (145g)

Amount Per Serving

Calories 70      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 16g      5%

Dietary Fiber 7g      28%

Sugars 10g

Protein 1g

Vitamin A 0%      •      Vitamin C 25%

Calcium 0%      •      Iron 2%

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Visit Riverdance Farms this Father's Day weekend June 19-21st.

# Avoid Dehydration

By Theresa Spezzano, Nutrition, Family & Consumer Sciences Advisor

As the weather heats up and kids to begin to play outside, remember to keep them hydrated.

Children dehydrate faster than adults and tend to take longer to cool down. Kids often forget to drink water when they are busy playing. Thirst is actually a late symptom of dehydration.



**Drinks and Energy Drinks.**  
**PREVENTION:** Drink lots of water before, during and after play. Provide water bottles, and have them eat foods with a high water content such as : watermelon (92%), oranges (88%), yogurt (85%), apples (84%). Be a role model: drink more water so they will drink more water.

**SYMPTOMS:** Irritability, Headache, Dizziness, Nausea, Cramping, Memory loss, Dark urine, Thirst

Call the Pediatrician if your child has dark urine, tearless crying, sticky mouth, lethargy, and mottled (red blotchy marks) hands and feet.

**AVOID** Soft Drinks, Sport

## Did You Know?

- Wild bears will eat nothing except blueberries during blueberry season. It has been documented that they will travel, on an empty stomach, from 10-15 miles per day to sniff



- Blueberries are grown in 35 U.S. states
- The U.S produces over 90% of all of the blueberries in the world!!

### Picking

## Tip Center

### Storing

- Select plump and full blueberries with a light gray-blue color. Blueberries with any hint of red are not fully ripe. Once blueberries are picked, they will not ripen any further.
- Refrigerate blueberries soon after picking to increase the shelf life. If refrigerated, fresh-picked blueberries will keep 10 to 14 days.
- Do not wash blueberries until just before eating or using in your recipes. This will prevent them from becoming mushy. Unwashed blueberries will stay fresh for up to two weeks in the refrigerator if kept dry.



## Teacher Corner

Blueberries are commercially grown in 33 states. Most of them are grown in Michigan, New Jersey, Oregon, North Carolina, Georgia, Washington and Maine. Blueberries are also grown on the continent of South America, specifically in Chile, Argentina, Uruguay and Brazil. South American blueberries are harvested from November to March.

### Geography

From April to October, we eat blueberries grown in the U.S. and Canada.

During our winter, blueberries are grown in South America, where it is summer, and they are shipped to the U.S. so we can have fresh blueberries year round.

**Mark the states on a map with pushpins.**

## Blueberry Corn Bread

### Ingredients

- 1 c Flour, sifted
- 3/4 c Cornmeal
- 3 tb Sugar
- 1 ts Baking powder
- 3/4 ts Salt
- 1 c Blueberries, fresh or frozen
- 1 Egg
- 2/3 c Milk, lowfat
- 1/3 c Salad oil



In bowl mix flour, cornmeal, sugar, baking powder and salt.

Stir in blueberries.

In small bowl beat egg; add milk and oil, mix. Pour all at once into flour mixture.

Stir just until dry ingredients are evenly moistened.

Pour batter into baking pan.

Bake 25 minutes or until golden.

Enjoy as desert with low fat milk!

### Preparation

Grease or spray 8x8-in. baking pan. Preheat oven to 425F.

### Mathematics



example  
 $2 \text{ muffins} \times 4 \text{ blueberries} = 8 \text{ blueberries}$



$3 \text{ muffins} \times \underline{\hspace{1cm}} \text{ blueberries} = 15 \text{ blueberries}$



$\underline{\hspace{1cm}} \text{ muffins} \times 9 \text{ blueberries} = \underline{\hspace{1cm}} \text{ blueberries}$

**Fill in the blanks of each problem and solve.**