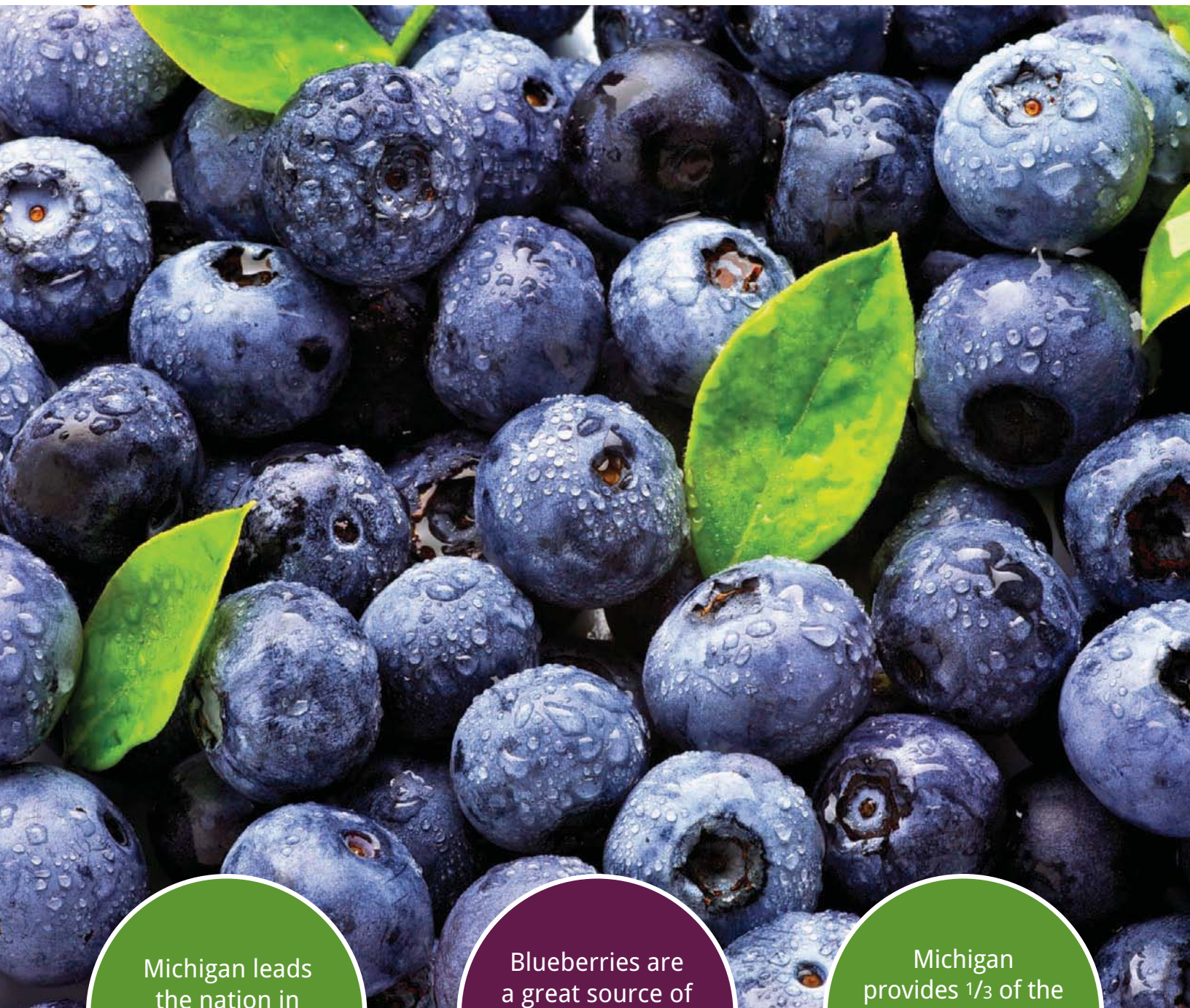


Blueberries



Michigan leads the nation in highbush blueberry production.

Blueberries are a great source of fiber, vitamin C and antioxidants.

Michigan provides 1/3 of the blueberries eaten in the US.

2014 Blueberry Guide



Warm summer weather signals the start of blueberry season in Michigan, which typically runs from mid-July to September. Blueberries are the perfect addition to salads, sauces, granola and desserts. They can be enjoyed fresh on their own or frozen all year round. Not only are blueberries delicious, they are also considered one of the world's most nutritious foods. They are a great source of fiber and packed with vitamin C and antioxidants.

The Michigan Blueberry Toolkit provides resources to help make it easier for institutions to find, buy and use this fruit. Learn how to purchase blueberries from distributors or directly from farmers, find recipes that have been tested and perfected by food service staff members, and use the marketing materials to share the results of your efforts with staff members, eaters and communities. Then track your local purchases through the Cultivate Michigan Dashboard as we work towards reaching the goal of 20% Michigan foods in all Michigan institutions by 2020.

info@cultivatemichigan.org

Quick Tips and Facts about Blueberries

- 1 Safe Handling Tip:** Store blueberries in the refrigerator, wash thoroughly and eat, use or freeze within one week.
- 2 Nutrition Tip:** A one-cup serving of blueberries contains only 80 calories and provides five grams of fiber and 15% of your daily recommended intake of vitamin C.
- 3 Nutrition Tip:** Antioxidants found in blueberries can reduce inflammation linked with chronic conditions such as cardiovascular disease and cancer.
- 4 Fact:** The western Michigan counties of Allegan, Berrien, Muskegon, Ottawa and Van Buren are the largest producers of blueberries in the state.
- 5 Fact:** Michigan leads the nation in highbush blueberry production, providing 32% of the blueberries eaten in the United States.

Frozen Blueberries:

High-quality frozen blueberries are available from several suppliers throughout the year. Frozen blueberries can be added directly to smoothies or can be thawed and used in a variety of dishes, including those found in the recipe section. Two kinds of frozen blueberries are typically available to institutions:

- **Individually Quick-Frozen (IQF):** Berries are picked at the peak of ripeness and individually quick-frozen to preserve identity. They do not need to be thawed for baking.
- **Straight Pack:** Berries are packed into containers and then frozen as a group. These berries do not maintain individual identity and are best used for making sauces, smoothies or desserts.



2014 Blueberry Guide

On the following pages, you will find item descriptions, pack sizes, seasonal availability, and item codes for both fresh and frozen blueberries from different suppliers. This information is categorized by the size of the supplier/distributor. Contact information is listed for each supplier to help make it easier to find and buy blueberries when in season and throughout the year.

Full Service (Broadline) Distributors

Several broadline distributors provide Michigan institutions with blueberries. Listed below are distributor names and contact information and the blueberry products each is offering.

US Foods

Contact your US Foods sales representative or please visit www.usfoods.com for more information.

Item	Pack	Item Code	Availability
Blueberries (Fresh)	12/1 pint	8168841	When in season

Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit www.gfs.com for more details.

Item	Pack	Item Code	Availability
Blueberries (Fresh)	1/11 pound	496190	May - July/August

Sysco (Grand Rapids)

Be sure to contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit www.syscogr.com for more information.

Item	Pack	Item Code	Availability
Blueberry Fresh MI	12/1 pint	6669905	When in season

Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit www.vaneerden.com for more details.

Item	Pack	Item Code	Availability
Blueberries (Fresh)	12/1 pint	000950	When in season



2014 Blueberry Guide

Regional and Specialty Distributors

These companies tend to distribute food regionally and can provide Michigan blueberries to institutions located in their area. Contact each supplier directly to find out about their specific delivery area and product availability.

Cherry Capital Foods

Cherry Capital Foods distributes only Michigan-made/-produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email sales@cherrycapitalfoods.com (include subject line "Farm to Institution") for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at www.cherrycapitalfoods.com.

Item	Pack	Item Code	Availability
Blueberry Frozen (IQF)	30 pound tote	Call/email for purchasing info	Year-round
Organic Blueberry Frozen (IQF)	30 pound tote	Call/email for purchasing info	Year-round
Fresh Blueberries	5 pound tote	Call/email for purchasing info	When in season

Bowerman Blueberries LTD

Visit www.realblueberries.com to learn more about our family farm. Please call 616.399.0567 or email info@realblueberries.com for pricing/purchasing information.

Item	Pack*	Item Code	Availability
Blueberry Frozen	30 pound box	Call/email for purchasing info	Year-round until sold out
Blueberry Fresh	10 pound box	Call/email for purchasing info	July 15 – September 1

* Smaller individual pack sizes are also available.

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2014 Blueberry Guide

Carini Farms, Inc.

A family-owned farm operating since the early 1940's in West Olive. Please contact Bob Carini by email at bob@carinifarms.com or call 616.399.2052. They also offer blueberry mustard, sauces, dried blueberries and dried blueberry powders.

Item	Pack	Item Code	Availability
Blueberry Frozen (½-inch & smaller or ½-inch & larger)	30 pound carton	Call/email for purchasing info	Year-round
Blueberry Fresh	6 ounce – 10 pound cartons	Call/email for purchasing info	July 4 – September 7

Goodwill Farm to Freezer

A community-based job training program that flash freezes produce from local farms in Northern Michigan. For purchasing information, please contact Mark Coe, manager, at markc@goodwillnmi.org.

Item	Pack	Item Code	Availability
Blueberry Frozen (IQF)	12 pounds (6 x 2-pounds)	Email for purchasing info	Year-round
Blueberry Frozen (IQF)	24 pounds (12 x 2-pounds)	Email for purchasing info	Year-round
Blueberry Frozen (IQF)	30 pounds (6 x 5-pounds)	Email for purchasing info	Year-round



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2014 Blueberry Guide

MBG Marketing

MBG Marketing is located in Grand Junction and features a variety of Michigan blueberries in frozen and fresh forms. Please contact Bob Hawk, CEO, for more information at 269.434.6791 or visit www.blueberries.com.

Item	Pack	Item Code	Availability
Blueberry Fresh	10 pounds bulk	Call for purchasing info	July-September
Blueberry Fresh	5 pounds bulk	Call for purchasing info	July-September
Blueberry Fresh	1 pint	Call for purchasing info	July-September
Blueberry Fresh	Variety of individual sizes ranging from 4.4 ounce to 40 ounce	Call for purchasing info	July-September
Blueberry Frozen IQF	Variety of pack sizes, berry count sizes and specifications available*	Call for purchasing info	Year-round

** Includes IQF polybags for wholesale or resale distribution and food service packs. Other dried products, purees, and concentrates are also available.*

Naturipe Farms

Naturipe Farms is located in Grand Junction and features a variety of fresh Michigan blueberries. Please contact Matt Diederich for more information at 239.552.4738 or visit www.naturipefarms.com.

Item	Pack	Item Code	Availability
Blueberry Fresh	10 pounds bulk	Call for purchasing info	July-September
Blueberry Fresh	5 pounds bulk	Call for purchasing info	July-September
Blueberry Fresh	1 pint	Call for purchasing info	July-September
Blueberry Fresh	Variety of individual sizes ranging from 4.4 ounce to 40 ounce	Call for purchasing info	July-September



2014 Blueberry Guide

Naturipe Foods

Naturipe Farms is located in Grand Junction and features a variety of frozen and dried blueberries and value-added blueberry products. Please contact Melanie Laperriere for more information at 269.330.1931 or visit www.naturipefarms.com.

Item	Pack	Item Code	Availability
Blueberry Frozen IQF	Variety of pack sizes, berry count sizes and specifications available*	Call for purchasing info	Year-round

* Includes IQF polybags for wholesale or resale distribution and food service packs.

True Blue Blueberries

True Blue is one of the largest producers of blueberries in the country and a major processor and packager for other smaller Michigan producers. Contact Charlie at charlie@truebluefarms.com to discuss logistics and pricing.

Item	Pack	Item Code	Availability
Grade A Berries (fresh whole)	10 pounds	Email for purchasing info	When in season
Grade B Berries (for baking/muffins)	10 pounds	Email for purchasing info	When in season
Grade A and B	2.5 pounds	Email for purchasing info	When in season
Blueberries Frozen	10+ pounds	Email for purchasing info	Year-round



2014 Blueberry Guide

West Michigan FarmLink

West Michigan FarmLink is an online wholesale food hub servicing the greater Grand Rapids area and connecting local area chefs, restaurateurs, institutions and schools with Michigan farmers and producers of good food products. Growers will begin offering fresh blueberries on the FarmLink website around the end of July with continuous availability through September. Some growers will offer frozen blueberries in bulk sizes year-round. Product offerings, growers and availability change weekly so please visit www.wmfarmlink.com or contact Paul Quinn at quinn@wmfarmlink.com for up-to-date product listings and pricing.

Item	Pack	Item Code	Availability
Blueberries (Fresh)	1 pound	Email for purchasing info	When in season
Blueberries (Fresh)	10 pounds	Email for purchasing info	When in season
Blueberries (Fresh)	20 pounds	Email for purchasing info	When in season
Blueberries (Fresh)	30 pounds	Email for purchasing info	When in season
Frozen Blueberries	10 pounds	Email for purchasing info	Year-round

Lumetta Distribution, LLC

Lumetta Produce is located in Madison Heights and features a variety of fresh and frozen blueberries. Please contact Sam Lumetta for more information at 248.616.1900 or visit www.lumettaproduce.com.

Item	Pack	Item Code	Availability
Blueberry	12/1pint	Call for purchasing info	When in season
Frozen Blueberry	30 pounds	Call for purchasing info	Year-round

Shelton's Wholesale Farm Co. (West Michigan)

Please call Joe Shelton at 269.684.3230 for a current list of available Michigan blueberries.

Tedesco Produce Co. Inc. (Clinton Twp.)

Please call Teddy Tedesco at 586.405.2080 for a current list of available Michigan blueberries.



Resources

Resources for Farm to Institution Support

MSU Center for Regional Food Systems

<http://foodsystems.msu.edu/>

Ecology Center

<http://www.ecocenter.org/healthy-food>

Michigan State University Extension

Locate your county MSU Extension office.

<http://www.msue.msu.edu>

Resources for Linking with Local Farmers

Below is a list of statewide and regional resources to help you connect with local Michigan farmers who may be able to supply you directly with blueberries!

Statewide Resources

Local Harvest

Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.

<http://www.localharvest.org/>

Michigan MarketMaker

This interactive mapping system links producers and consumers in Michigan.

<http://mimarketmaker.msu.edu/>

Michigan Farmers Market Association

Find the locations of farmers markets across the state.

<http://mifma.s434.sureserver.com/find-a-farmers-market/>

Michigan Food and Farming Systems (MIFFS)

MIFFS connects beginning and historically underserved farmers to resource opportunities.

<http://www.miffs.org>

Natural Resources Conservation Service

This site provides a listing of county and state service offices.

<http://1.usa.gov/1kMidud>

Michigan Farm Bureau

Locate the local Michigan Farm Bureau office in your county.

<http://www.michfb.com/counties/>



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Resources

Michigan Agricultural and Commodity Organizations

The Michigan Agricultural Commodity Directory lists the locations of and contacts for the agricultural commodity organizations in Michigan (updated Dec. 2012).

<http://1.usa.gov/1msHb5c>

Michigan Organic Food and Farming Alliance (MOFFA)

Visit this site to download the "Eating Organically Guide".

<http://www.moffa.net/>

Certified Naturally Grown

This site provides a current list of certified small-scale, direct-to-market farmers and beekeepers who use natural growing and harvesting methods in Michigan.

<http://www.naturallygrown.org/farms/list/227/MI>

Regional Michigan Resources

Michigan Food Hub Learning and Innovation Network

Food hubs are centrally located facilities that aggregate, store, process, distribute and/or market locally or regionally produced food.

<http://foodsystems.msu.edu/activities/food-hub-network>

U.P. Food Exchange

This group connects local food activity within three regions (eastern, central, western) of the Upper Peninsula and coordinates local food efforts between the regions.

<http://upfoodexchange.com/>

Taste the Local Difference

From the Michigan Land Use Institute, this resource connects consumers in northwest Lower Michigan to local food and farms, restaurants and businesses.

<http://www.facebook.com/localdifference>

Food System Economic Partnership (FSEP)

The FSEP Farm to School Program collaborates to bring together school officials, food service directors, contracted food service providers, parents, distributors, processors and producers to establish mutually beneficial relationships to increase the amount of locally produced food consumed by students in our schools.

<http://fsepmichigan.org/index.php/farm-to-school/>

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2014 Blueberry Recipes

Now that you have purchased Michigan blueberries, the next step is incorporating them into a variety of tasty dishes that your students, patients, visitors or staff members will love. On the following pages, you will find recipes using blueberries in delicious ways.



Blueberry Yogurt Parfait

Yield: 50 Servings

Ingredients

.....
15 cups frozen IQF Michigan blueberries
.....

.....
20 cups plain or vanilla yogurt
.....

.....
5 cups granola
.....

Directions *(for preparation one day prior to use)*

Using one full size aluminum hotel/steam pan, pour in 15 cups of frozen Michigan blueberries. On top of the blueberries spread 20 cups of plain or vanilla yogurt on top of the blueberries. Yogurt should completely cover blueberries. Sprinkle 5 cups of plain granola over the yogurt. Chill until ready to use. Serve using a ½ cup serving spoon directly onto plate/tray.

.....
Recipe provided courtesy of Chef Lisa from Congress Elementary School, Grand Rapids Public Schools.
.....



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2014 Blueberry Recipes

Peanut Butter Bananaberry Pinwheels

Yield: 100 servings

Ingredients

.....
12½ cups creamy peanut butter
.....

100 8-inch whole grain tortillas
.....

50 bananas, sliced
.....

25 cups Michigan blueberries
.....

Directions *(for preparation one day prior to use)*

Spread 2 tablespoons of the peanut butter evenly over each tortilla. Place half of a sliced banana and ¼ cup of blueberries over peanut butter. Roll up tortilla. Repeat steps on next tortilla. You may choose to slice these to resemble kid-friendly sushi, or leave them whole for a quick grab-and-go meal option.

.....
*Recipe provided courtesy of Jessica Endres, Food
Service Director at Thornapple Kellogg Schools.*
.....



2014 Blueberry Recipes

Blueberry Granola Bars

Yield: 48 servings

Ingredients

- 5 cups (1 pound) rolled oats
- ¾ cup (6 ounces) vegetable oil
- 1½ cups (10-½ ounces) light brown sugar
- 2/3 cup (5¼ ounces) frozen whole eggs, thawed, or 2 large fresh eggs
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1½ cups (6½ ounces) whole wheat flour
- 3 cups (1 pound) Michigan blueberries, frozen (not thawed)

Directions

Preheat oven to 350° F. Combine oats and ¼ cup vegetable oil. Spread on rimmed baking sheet. Bake 12 to 15 minutes, stirring occasionally, until golden. Let cool.

In a bowl, beat together brown sugar, remaining ½ cup oil, eggs, vanilla, cinnamon and salt. Beat in the flour until smooth. Stir in cooled oatmeal mixture until blended. Immediately stir in the frozen blueberries until distributed.

Pat the dough into 12 x 20 x 2½-inch steamtable pan lined with aluminum foil, coated with non-stick cooking spray. Press very firmly and bake until lightly browned, 35 to 40 minutes for conventional oven at 350° F or 25 to 35 minutes for convection oven at 325° F. Cool and cut into 48 6 x 8 bars.

Nutrients per serving: Calories 113; Protein 2 g; Carbohydrates 17 g; Total Fat 4.4 g; Saturated Fat 0.6 g; Cholesterol 8.8 mg; Vitamin A 21 IU; Vitamin C 0.25 mg; Iron 0.6 mg; Calcium 14 mg; Sodium 30 mg; Fiber 1.7 g

*Recipe provided courtesy of the
U.S. Highbush Blueberry Council.*



2014 Blueberry Guide

Blueberry Breakfast Salad

Yield: 50 servings

Ingredients

12½ pounds mixed salad greens, torn into bite-sized pieces

13 pounds fresh or frozen Michigan blueberries

13 pounds fresh orange sections or canned mandarin oranges

6½ pounds granola

1½ quarts olive oil

1½ quarts frozen blueberries

¼ cup + 2 tablespoons Dijon mustard

¾ cup brown sugar

¼ cup minced shallot

1 tablespoon + 1 teaspoon kosher salt

1 tablespoon ground white pepper

1 tablespoon paprika

Directions

For the blueberry vinaigrette: In a food processor container, combine the olive oil, blueberries (thawed if frozen), Dijon mustard, brown sugar, minced shallot, kosher salt, ground white pepper and paprika. Process until mixture is smooth. Chill at least 30 minutes to blend flavors.

Toss salad greens with most of blueberry vinaigrette. Divide the dressed greens among 8 large plates. Arrange orange sections and fresh blueberries on top. Sprinkle salad with granola. Drizzle remaining dressing on top and serve immediately.

*Recipe provided courtesy of the
U.S. Highbush Blueberry Council.*



2014 Blueberry Recipes

Blueberry Turkey Burgers with Blueberry Ketchup

Yield: 50 servings

Ingredients

12½ pounds ground turkey,
85% lean

2 quarts + 1¼ cups fresh or
frozen (not thawed) Michigan
blueberries

¾ cup minced fresh ginger

¾ cup minced lemongrass
(optional)

¼ cup coarse black pepper

1½ cups soy sauce

50 hamburger buns with
poppy seed

1½ cups brown sugar

Lettuce and sliced red onion
garnish (optional)

Blueberry Ketchup

4½ quarts + ¾ cup fresh or
frozen (not thawed) Michigan
blueberries

6¼ cups minced onion

3 cups + 2 tablespoons rice
wine vinegar

3 cups + 2 tablespoons dark
brown sugar

2 tablespoons salt

¾ cup pickled ginger or minced
fresh ginger

Directions

For the blueberry ketchup: In a saucepan over medium heat, combine blueberries, onion, vinegar, sugar, salt and ginger. Bring to a simmer, and cook for about 15-20 minutes, stirring frequently. Remove from heat and allow to cool. Place mixture in a blender or food processor, and whirl until smooth. Refrigerate until ready to use.

In a large bowl, combine turkey, blueberries, ginger, lemongrass and black pepper. Mix well, and form mixture into 50 patties. Brush soy sauce on both sides of burgers. In an oiled skillet over medium-high heat or on a grill, grill patties until cooked thoroughly, about 4 minutes each side. Serve on buns with lettuce, sliced red onion and blueberry ketchup.

*Recipe provided courtesy of the
U.S. Highbush Blueberry Council.*





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