

# Summer Belongs to Blueberries

Enjoy all the delicious, nutritious boosts of blue this July for National Blueberry Month!



Blueberries are a kitchen all-star all year long, but they really shine in the summer. There's just nothing like a refreshing boost of blue, fresh or frozen, as the temperatures rise. Even better, National Blueberry Month is in July! That adds up to 31 days of nutritious, delicious blueberries – and oh-so-many ways to enjoy them.

## The Great Blueberry Recipe Showdown

To celebrate blueberries – and the fans who love them – we're hosting a special contest this National Blueberry Month. Get ready for The Great Blueberry Recipe Showdown! All you need to do is enter your best, most beloved blueberry recipe. You could win one of several prizes, including the grand prize of \$10,000 and the opportunity for a trip to NYC to meet Chef Christina Tosi and tour Milk Bar's flagship location.

This contest really embraces all the delicious ways you can enjoy blueberries – as a meal or snack, in sweet or savory dishes, at any time of day or night. It features five categories: Breakfast, Lunch/Dinner, Appetizers/Snacks, Cocktails/Mocktails and Desserts. The hardest part will be picking just one recipe!

**ENTER TODAY** at [BlueberryShowdown.com](https://www.blueberryshowdown.com), then check out our summer blueberry tips. You'll find ideas and inspiration to keep the boosts of blue going throughout July and beyond!



Open only to legal residents of the 50 U.S./D.C., 18 years of age and older. Void where prohibited by law. Enter Promotion before 7/31/23 at 11:59 pm ET. Subject to full Official Rules, including prizes, judging criteria, and all details, [blueberryshowdown.com/rules](https://www.blueberryshowdown.com/rules). Sponsor: U.S. Highbush Blueberry Council, 81 Blue Ravine Road, Suite 110, Folsom, CA 95630.

## 31 WAYS TO MAKE ANY DAY DELICIOUS



**Start your day with a few minutes of quiet time** and your beverage of choice. Try our **Blueberry Chai Latte** or **Blueberry White Hot Chocolate!**



**Soak up the sunshine** for at least 15 minutes daily for a vitamin D mood boost. Just don't forget the sunscreen – or your water, best served with **Blueberry Ice Cubes.**



**Make it pizza night at the pool or back yard,** with **not-your-average flatbreads** and even **fruit pizza** for dessert!

**Cool down on a scorching day with frozen blueberries,** a nutritious snack that's simple to pack and eat.

**Grab a snack that's a good source of fiber,** like **blueberries** if you find yourself hitting that afternoon slump.

**Celebrate National Blueberry Muffin Day** on July 11 your way: small (**Blueberry Mini Muffins**), streusel-y (**Blueberry Streusel Muffins**) or even sippable (**Blueberry Muffin Smoothie**).

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**Prep healthy, tasty, always-ready snacks.** Divide a carton of blueberries between several small, reusable containers or bags, then stash in the fridge or freezer.

**Own the July 4<sup>th</sup> flavor** with yummy **Red, White and Blueberry Popsicles** to enjoy with family and friends.

**Indulge your green thumb** by planting and tending fresh herbs. You can't go wrong with basil, which pairs perfectly with blueberries in **smoothies, salads** and even **savory mains.**

**Enjoy blueberries at every meal for National Blueberry Day...**just boosts of blue all day on July 8, from **breakfast to dinner** and **dessert,** plus **everything in between.**

**Start a self-serve breakfast tradition.** For the summer months, try a refreshing **parfait** station with as many toppings as you like – as long as blueberries are on the list.





**Send a thank you note** to someone you appreciate, and to make it twice as nice, pair it with a sweet treat like **Blueberry Chocolate-Covered Pretzels**.

**Snuggle up with a furry, feathery or scaly friend...and share your blueberries.** (In general, animals can enjoy them, too, but it's a good idea to check with your vet first!)



**Be a tourist in your own town.** Where have you always meant to go? Plan an outing, complete with a packable, snackable treat like **Easy Blueberry Fruit Leather**.



**Spend time with your friends...for some exercise!** Walk, bike, play tennis, whatever you prefer – then cool off together with refreshing coconut **Blueberry Creamsicles**.



**Spend time with your friends...for an adults-only night!** There's no better excuse to whip up a pitcher of **Sparkling Blueberry Lime Tequila Punch**. Sharing a **charcuterie or snack board**? Be sure to add some blues...for that pop of color, taste, and health!

**Say yes to that last-minute invite.** Need to whip up a dish in no time? No problem. Try the easy, crowd-pleasing **Blueberry Peach Orzo Salad**.



**Surprise someone with a baked boost of blue.** The options are endless, from **Blueberry White Chocolate Cookies** to **Blueberry Lemon Poppy Seed Bread** and **Blueberry Babka**.



**Enjoy a movie night.** Whether you cuddle on the couch at home or check out the nearest drive-in theater, **Almonds, Pistachios & Dried Blueberry "Popcorn"** will make it memorable.



**Take your grill game to the next level** and serve up **Loaded Brie Burgers with Blueberry Ketchup**. Don't sleep on **Blueberry Barbecue Baked Beans**, either!

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**Listen to your body.** There's a lot of noise out there, but you know what hunger and satisfaction feel like for you – fuel your body with **healthy swaps** that taste and feel good.

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**Wow everyone at the picnic or potluck** with unexpected, sweet and savory dishes like **Blueberry & Watermelon Salad with Marinated Feta**. Bonus: so simple to make!

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**Relax in a warm bath with a cool drink.** A refreshing **Blueberry Aperol Spritz** or **Blueberry Mint Soda** instantly turns your bathroom into a spa.



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**Drink more water** – it's especially important in the summer. But, make it fun! Drop some blueberries in unsweetened sparkling water to stay hydrated and feel fancy.

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**Spend time with your friends...for a play date!** Let the kids blow off steam together, and when they need a rest, serve up **Creamy Blueberry Lemonade**.



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**Grill your dessert!** These **Grilled Blueberry Fruit Kebabs** are great on their own, but serve them with vanilla frozen yogurt for a yummy contrast of warm/chilled and sweet/tart.

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**Make America's Best Blueberry Pie,** aka the **Ginger 'n' Spice Bubbling Blueberry Pie**. (This is just always a good idea.)



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**Help kids keep their math skills sharp.** Blueberries are perfect for practicing, from counting for the young ones to measuring and calculating **recipes for older kids**.

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**Pick your own fresh blueberries** and other produce. Find a local **blueberry U-pick farm** for an experience you won't forget!



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**Try fruits and vegetables in every color of the rainbow.** Each time you go to the grocery store, pick produce in a new color – but remember that blue(berry) goes with everything!

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**Indulge yourself with a late-night snack** – something light but satisfying, like **Blueberry Coconut Bark**.



If you're looking for more ideas — or a little help figuring out what's for dinner tonight — check out the blueberry **Recipe Matchmaker**. Just fill in the ingredients you have, and the matchmaker will dive into our library to find a wide range of delicious blueberry recipe options.

Visit [blueberry.org](http://blueberry.org) and follow us on [Facebook](#), [Instagram](#), [TikTok](#) and [Twitter](#) for more blueberry inspiration.