

Wild Blueberries



Nova Scotia's provincial berry





deliciously tasty Wild Blueberries



One of Nova Scotia's treasures; sweet & juicy, they're a convenient, nutritious fruit, ideal for breakfast, desserts and baking, or for eating on their own.

They grow wild, right here in the fields and forests of Nova Scotia, just as they have done for thousands of years, where they thrive in our local environment and climate.



They are known around the World for their great taste and healthy image. In fact Wild Blueberries are Canada's No1 fruit export; popular in the UK, Japan, Germany, the USA and other countries.



Wild Blueberries grow throughout Atlantic Canada, Quebec & Maine and these are the only places worldwide where Wild Blueberries are commercially harvested. They generate \$100 million export sales for Nova Scotia alone, helping to develop our rural economy and making Oxford Nova Scotia, the Wild Blueberry capital of the World.

delicious... nutritious... versatile



small is beautiful



Wild Blueberries are the original superfruit; smaller and sweeter than their cultivated cousins with a delicious flavour that's all their own. Size really matters because small berries means more skin per pound and it's the skin of the fruit that is believed to hold most of its nutritional properties and benefits.

blue is the colour

Wild Blueberries contain an abundance of blue anthocyanin pigments, which according to scientific research may contribute to a variety of important health benefits.



Wild Blueberries from Nova Scotia are used by food manufacturers all around the world

one of your 5-a-day

Wild Blueberries are a source of dietary fibre and vitamin C. They're cholesterol-free and very low in fats and saturates. What's more one cup is just 80 calories and one of your 5-a-day!



*Find them
in the
supermarket
freezer*



Recipes



“I’m crazy for Wild Blueberries. They’re an explosion of flavour and they’re good for you!”

Chef Alain Bossé

Wild Blueberry Stuffed Chicken Breast topped with a Wild Blueberry Rosemary Reduction

Serves 2

2 boneless skinless chicken breasts
1/2 cup Wild Blueberries
1/4 cup slivered almonds
1 tbsp cream cheese
Salt & pepper

Place chicken breast on a cutting board, cover with saran wrap and pound the chicken breast until the entire breast is about the same thickness. Place the Wild Blueberries, cream cheese, and almonds in the centre



of the breast, roll and place bottom side down on a piece of parchment paper, place on a baking sheet and season with salt and pepper. Bake for 25 minutes in a 400°F oven or until the internal temperature reaches 168°F.

Remove from the oven and allow resting for a few minutes then slice 3 times on the bias, plate and drizzle with the Wild Blueberry sauce (see below).

Wild Blueberry Rosemary Reduction

1 tbsp butter
1/4 cup sweet onions diced
1 tsp Dijon mustard
1/4 cup red wine
1 cup Wild Blueberries
1 sprig rosemary



Melt the butter in a medium sauce pan. Sauté onions until they are beginning to turn translucent then add Dijon and red wine to deglaze the pan, add the Wild Blueberries and 1 sprig of rosemary and let cook until reduced approx. 4 to 5 minutes.

Wild Blueberry Scallop Salad

1 package spring mix salad greens
1/2 cup Wild Blueberries fresh or thawed 5-10 minutes
green, red, yellow pepper slices
1/2 cup shredded cheese
1 pound scallops
2 tbsp olive oil

In a large heated skillet, sauté scallops in olive oil and when almost cooked, sprinkle with garlic or your favourite seasoning. Cook until firm & opaque.

Remove and keep warm.

Arrange salad greens and sliced peppers on large platter or bowl, top with the cheese, Wild Blueberries and sautéed scallops. Serve with Wild Blueberry Vinaigrette Dressing.



Wild Blueberry Vinaigrette Dressing

1 clove of garlic
1 tsp Dijon mustard
1/4 tsp black pepper
1/3 cup balsamic vinegar
1/2 tsp salt
1/2 cup Van Dyk's Wild Blueberry juice
1/3 cup maple syrup
1 cup olive oil

In mixing bowl add mustard, salt, pepper and garlic. Crush the garlic while mixing ingredients.

Add maple syrup, balsamic vinegar, Wild Blueberry juice and oil. Whisk until it emulsifies.

Refrigerate for 30 minutes or make the day before.



Wild Blueberry Grunt

Sauce:

4 cups Wild Blueberries
1/2 tsp nutmeg
1/2 tsp cinnamon
3/4 cup sugar
1 tbsp lemon juice
1/2 cup water

Dumplings:

2 cups flour
4 tsp baking powder
1/2 tsp salt
1 tbsp sugar
2 tbsp butter or shortening
Milk

Heat Wild Blueberries, spices, sugar, lemon juice & water in a skillet; boil gently until well blended & slightly cooked down. Sift flour, baking powder, salt & sugar into a bowl.

Cut in butter and add enough milk to make a soft biscuit dough. Drop by spoonfuls into hot Wild Blueberry sauce. Cover tightly with a lid and simmer for 15 minutes (no peeking!).

The dumplings should be puffed and well cooked through. Transfer cooked dumplings to serving dishes. Ladle sauce over top; serve with whipped cream or ice cream.
6-8 servings.

Wild Blueberry Smoothie

1 1/4 cups Wild Blueberries
1 cup orange juice, chilled
2 cup fat-free yogurt
1/4 cup fat-free or 1% milk

Combine all ingredients in a blender.
Blend until smooth.
Pour into two large glasses.
(Prevention Magazine, June 1999)



Wild Blueberry Crisp

Preheat oven to 375°F.

Grease an 8x8 inch square baking dish.

Cream together:

1/3 cup butter or margarine

1 1/4 cups lightly packed brown sugar

Stir in until crumbly a mixture of:

1/3 cup all purpose flour

2/3 cup rolled oats

1/4 tsp cinnamon

Arrange in prepared dish:

3-4 cups Wild Blueberries (fresh or frozen)

Sprinkle with crumbs. Bake in preheated 375°F oven for 40 minutes or until topping is golden brown.

Makes 6 servings.



Wild Blueberry Sauce

1/3 cup sugar

1 tbsp cornstarch

1 1/2 cups Wild Blueberries

1/4 cup water

1 tsp lemon juice

Mix sugar and cornstarch in a saucepan.

Add Wild Blueberries and water. Cook and stir over medium heat until slightly thickened. Remove from heat and stir in lemon juice. Great with pancakes, waffles & ice cream.



Low Fat Wild Blueberry Muffins

3 1/2 cups flour

1 tbsp baking powder

1/2 tsp baking soda

1/2 tsp salt

2 eggs, beaten

1/2 cup vegetable oil

1/2 cup brown sugar

1 3/4 cups unsweetened applesauce

3/4 cup Wild Blueberries

1/2 cup cranberries, chopped (optional)

1/4 cup brown sugar (2nd amount)

Preheat oven to 375°F. Sift flour, baking powder, soda and salt into a large mixing bowl. In a separate bowl, whisk together eggs, oil, brown sugar and applesauce; add to dry ingredients and mix until just blended.

Fold Wild Blueberries into the batter and pour into prepared muffin tins, filling two-thirds full.

Sprinkle tops with brown sugar (2nd amount) and bake for 20-25 minutes, until they are lightly browned and a toothpick inserted in centre comes out clean.

Yields 18 large or 24 medium muffins.



A firm
family
favourite!

*Wild Blueberries....
delicious... nutritious... versatile*

Wild Blueberry Lemon Loaf

1 cup white sugar
1/2 cup margarine
2 eggs
grated rind and juice of 1 lemon
1/2 tsp salt
1 1/2 tsp baking powder
1 1/2 cups flour
1/2 cup milk
1 1/2 cups floured Wild Blueberries

Cream sugar & margarine. Beat in eggs and lemon rind. Add dry ingredients alternately with milk. Fold in Wild Blueberries dusted with flour. Bake at 350°F for 50-60 minutes.

While still warm, pour mixture of 1/4 cup sugar & juice of 1 lemon over loaf. Allow to cool. Makes 1 loaf.



Wild Blueberry Shortcake

2 cups all-purpose flour
4 tsp baking powder
1 tsp salt
2 tbsp white sugar
1/2 cup shortening
3/4 cup milk

Preheat oven to 400°F (205°C) and grease a baking sheet.

Combine flour, baking powder and salt. Cut shortening in until mixture has a fine crumb texture.

delicious served warm



Stir in milk with a fork to make a soft dough. Drop on floured board, knead 8 to 10 times, and roll out to a thickness of at least 1/2 inch.

Cut into rounds with a cookie or biscuit cutter. Place on cookie sheet, Bake for 12 to 15 minutes.

Serve the Wild Blueberry Sauce (see opposite) spooned over biscuits that have been broken open, and top with whipped cream or ice cream.

Very Wild Blueberry Cheesecake

1 1/2 cups Graham Cracker crumbs
1/4 cup butter, melted
1 envelope unflavoured gelatin
1/4 cup cold water
2 8-ounce packages Philadelphia Cream Cheese, softened
1 tbsp lemon juice
1 tsp grated lemon peel
1 7-ounce jar Kraft Marshmallow Creme
1 8-ounce container (3 cups) frozen whipped topping, thawed
2 cups frozen Wild Blueberries



Combine crumbs and butter; press into bottom of 9-inch springform pan. Chill.

Soften gelatin in water; stir over low heat until dissolved. Gradually add gelatin to cream cheese, mixing at medium speed on electric mixer until well blended. Blend in juice and peel. Beat in Marshmallow Creme; fold in whipped topping. Fold frozen Wild Blueberries into cream cheese mixture. Pour over crust. Chill until firm.

Garnish with additional frozen whipped topping, thawed, and lemon peel, if desired.

how to store *Wild Blueberries*

Fresh Wild Blueberries are only available during the harvest in August & September, but they're sold frozen year round in most major supermarkets.

- fresh Wild Blueberries will keep on average one week if refrigerated
- do not wash until ready to use, because wet berries spoil more quickly
- frozen Wild Blueberries can keep up to two years



just as nutritious fresh or frozen



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Canadian
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