

Blueberry Fields of Stillwater Favorite Recipes 2012

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Blueberry Tips (From www.pickyourown.org and Bev)

Chill berries soon after picking to increase shelf life. Make sure blueberries are dry before chilling or freezing. Rinse blueberries with cool water right before using them.

Blueberries freeze well. Roll fresh blueberries on a towel to remove any leaves. Place in freezer bags or containers. Rinse them after removing from freezer.

***For growing tips, consult U of MN Extension article: “Blueberries for Home Landscapes”

<http://www.extension.umn.edu/distribution/horticulture/dg3463.html>

Blueberry Banana Bars from St. Paul Pioneer Press (Adapted)

Bars:

- ½ c. butter, softened
- 1 ¼ c. sugar
- 2 eggs
- 1 t. vanilla
- 1 c. (2 large) mashed bananas
- 1 c. sour cream (or Greek yogurt)
- 2 c. flour
- ¼ t. salt
- 1 t. baking soda
- 1 c. blueberries
- 1 c. chopped pecans

Optional Cream- Cheese Frosting

- 3 ounces of cream cheese, softened
 - 3 T. butter, softened
 - 1 ½ c. powdered sugar
 - 1 T. milk
 - 1 t. vanilla
- Directions: Beat cream cheese, butter, and powdered sugar, milk and vanilla until smooth. Adjust with more milk or sugar as needed for frosting consistency. Spread over cooled bars.

Preheat oven to 375 degrees. Grease and lightly flour 10”x15” bar pan.

Cream butter and sugar. Blend in eggs, vanilla, bananas and sour cream. Combine dry ingredients. Add blueberries and pecans to dry ingredients and mix all into creamed mixture just until blended. Spread into prepared pan. Bake for about 25 minutes or until done. Cool.

Red, White and Blue Salad from Jean Setley (Adapted)

Delicious Vinaigrette:

- ½ cup Balsamic Vinegar
- 3 Tablespoons Honey
- 3 Tablespoons Dijon Mustard
- 2 Medium Shallots, Minced
- 2 Medium Garlic Cloves
- ¼ Teaspoon Cracked Black Pepper
- ¼ Teaspoon Salt
- 1 Cup Olive Oil

Salad:

- 12 Cups Field Greens
- 1 ¼ Cups Fresh Blueberries
- 2 Cups Fresh Strawberries, Sliced
- 1 – 1 ½ Cups Fresh Raspberries
- 1 Cup Crumbled Blue or Feta Cheese
- 2 Cups Roasted or Sweetened Almonds or Pecans

Place vinegar, honey, mustard, shallots, garlic, salt and pepper in a bowl and stir. Gradually whisk in olive oil until it comes together and thickens. (I mix the ingredients in blender and slowly add the oil)

Place greens in a large serving bowl and top with berries. Scatter the blue cheese and pecans over the top. Pour enough vinaigrette to coat the greens. (I toss in a bowl and then transfer to the serving bowl/platter.)

Hannah's Blueberry-Topped Cheesecake adapted from The Joy of Blueberries

Crust:

1 ¼ c. graham cracker crumbs

¼ c. granulated sugar

¼ c. butter, melted

Filling:

1 8 oz. package cream cheese, softened

½ c. granulated sugar

½ c. sour cream

2 eggs, beaten

1 teas. vanilla extract

Topping:

¼ c. granulated sugar, mixed with 1 ½ Tablespoon cornstarch

½ c. water, mixed with 2 teaspoons lemon juice

2 c. blueberries

½ teaspoon vanilla extract

***Sweetened whip cream

Preheat oven to 350 degrees. Mix crust ingredients. Press mixture onto bottom and a little up sides of an 8-inch square baking pan; set aside.

Beat all filling ingredients until creamy. Pour into prepared crust. Bake 20-25 minutes or until set. Cool on a rack. Chill.

In a saucepan, stir sugar, cornstarch, salt, and water until thickened. Stir in blueberries; stir over medium heat until mixture starts to boil. Cook about 1 minute. Stir in vanilla. Cool. Spread over cheesecake. Top with whipped cream when serving. Store in refrigerator. Makes 8 servings.

Updated Fresh Blueberry Pie

6 cups blueberries

1 c. sugar

1 T. powdered pectin (Sure-Jell)

3 T. cornstarch, dissolved in ¼ c. cold water

1 prebaked pie shell

Mash enough blueberries to make 1 ¼ c. mashed fruit. In a medium saucepan, mix mashed fruit with sugar and pectin. Cook while whisking over medium heat. Boil gently for 1 minute. Slowly whisk in cornstarch mixture and cook until it thickens. Cover with wax paper and cool to room temperature. Stir in the rest of the blueberries and pour into prebaked pie shell. Chill until ready to serve.

***This recipe can be used with fresh raspberries, strawberries, and peaches!