

## Blueberry Fields of Stillwater Favorite Recipes 2013

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### Blueberry Tips (From [www.pickyourown.org](http://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. Enjoy them while still partially frozen.

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

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

### Blueberry Orange Muffins

3 cups flour

1 Tablespoon baking powder

½ teaspoon baking soda

½ teaspoon salt

1 teaspoon nutmeg

10 tablespoons butter, softened

1 cup sugar

2 eggs

1 teaspoon vanilla

1 cup sour cream

½ cup freshly squeezed orange juice

Grated zest of 2 large oranges

1 ½ cup fresh or thawed frozen blueberries

Preheat oven to 350. Grease muffin pan or line with baking cups for 12 to 18 muffins. In medium bowl, whisk together flour, baking powder, baking soda, salt and nutmeg. In a bowl of stand mixer with paddle attachment, beat sugar and butter until light. Add eggs and vanilla. Beat to combine. Add sour cream, orange juice, and orange zest. Stir until well combined. Add flour mixture. Stir just until combined. Batter will be thick. Gently fold in blueberries. Pour into prepared pan. Bake 25 to 30 minutes or until muffins are golden brown and toothpick inserted into center of one muffin comes out clean. While still warm, dip the muffin tops in orange juice and roll into sugar.

Topping: more orange juice and sugar
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### Blueberry Salsa Submitted by Nicole Navratil

Here are pictures: <http://www.pepperoniisnotavegetable.com/2012/07/17/blueberry-salsa>

2 cups fresh blueberries, smashed with fork

1 jalapeno pepper, finely chopped( using gloves and eye protection)

1 cucumber, finely chopped

1/3 cup finely chopped red onion

Lime juice

Fresh Cilantro (Chop or tear as much or little as you'd like)

Mix all ingredients together in a bowl and add a splash of lime juice. Keep in an airtight container in frig. A small canning jar works well. Try this atop a grilled veggie or portabella quesadilla, tacos, with tortilla chips, or baked potato.

## **No Bake Blueberry Ice Cream Tart or Pie** Submitted by Maureen Behrens

½ gal of vanilla ice cream

### Blueberry Sauce

2 cups fresh or frozen blueberries  
½ cup water (1/4 if using frozen blueberries)  
2 tablespoons sugar  
4 teaspoons cornstarch  
¼ teaspoon almond extract

Cook blueberries in a small saucepan. Bring to a boil. Reduce heat and simmer at least until 3 minutes.

In a small bowl, mix sugar, cornstarch, and water. Add to cooking blueberries. Cook and stir until thickened and bubbly, and then cook and stir for 2 more minutes. Remove from heat and add almond extract. Chill.

\*\*\*Thaw ice cream in frig for about 30 minutes or until it starts to soften. Carefully fold in blueberry sauce into softened ice cream. Spread mixture into prepared pan. Cover and freeze for several hours or overnight. Cut into wedges.

### Graham Cracker Crust

1 ½ cup graham cracker crumbs  
1/3 cup melted butter  
Mix well. Press in bottom of large pie pan or 9 inch spring form pan  
Chill at least one hour.

## **Blueberry Salad with Celery Seed Dressing** adapted from Taste of Home Jane Viliky

1/2 cup sugar ( or stevia or agave to taste)  
1 teaspoon celery seed  
1 teaspoon ground mustard  
1 teaspoon paprika  
1 teaspoon salt  
1/4 cup cider vinegar  
1 cup vegetable oil

In a bowl, combine the first five ingredients. Stir in vinegar. Slowly add oil, whisking constantly until combined. Refrigerate until ready to serve. Serve over fresh salad greens with blueberries, drained mandarin oranges, sliced almonds, and shredded parmesan cheese.

## **Blueberry-Lemon Squares** (from: Oregon Blueberry Site)

2 cups rinsed blueberries  
2 cups all-purpose flour  
½ cup powdered sugar  
1 cup (½ lb.) butter  
4 large eggs  
1 teaspoon grated lemon peel or more  
1/3 cup lemon juice  
1 cup granulated sugar  
½ teaspoon baking powder

Mix flour and ½ cup powdered sugar until blended. Mix in butter, cut into small pieces with a large fork until dough holds together when squeezed. Press evenly over the bottom of a 9x13-inch pan. Bake in a 350° oven until crust is golden brown, usually 20-25 minutes. While the crust is baking, whisk eggs together with granulated sugar, lemon peel, lemon juice and baking powder. Stir in blueberries. Pour egg mixture over warm, baked crust. Return to the oven and bake until the filling is firm and does not move when gently shaken, usually 20-25 minutes. Sprinkle with teaspoon powdered sugar and let cool at least 15 minutes. Serve warm or cool.