

Carolina Blue...Berries that is

June is Blueberry Month in North Carolina. North Carolina growers became a factor in blueberry production over 60 years ago, starting with 100 acres of the bearing bushes. Today that production has grown to over 2900 harvestable acres from the coast to the mountains. Take a few moments to prepare yourself for the blueberry harvest so you can spend all your time enjoying the flavor in your favorite recipes year round.

When purchasing blueberries look for berries that are firm and plump. Berries should be relatively free of stems and leaves. Moisture causes berries to mold so fruit should be dry. The berries should be a uniform blue color. Reddish berries are not ripe but are acceptable for use in baking. Berries stored for too long will begin to look shriveled or wrinkled from dehydration. After purchasing your blueberries they should be stored covered in your refrigerator. Do not wash blueberries until just prior to use. If served fresh, blueberries should be used within 10 days of purchase.

Blueberries are sometimes thought of as a summertime treat. But remember that blueberries can be easily frozen and available for your enjoyment year round. Blueberries can be frozen right in the pint container they are normally packaged in. Just wrap the entire container in plastic wrap being careful to cover all holes. Another easy method to freeze berries is to arrange them in a single layer on a cookie sheet and place in the freezer. When frozen, transfer the blueberries to a freezer container or zippered bag. Frozen blueberries make great snacks. Do not wash the berries until just prior to using.

Blueberries may change color when cooked. The blue pigment in the berries may turn red in acids (lemon juice and vinegar). Blueberries also contain yellow pigments. In an alkaline

environment, such as a batter with too much baking soda, the yellow and blue pigments will turn the blueberries greenish-blue. Using hard, frozen blueberries in batters will reduce the

amount

of color streaking.

For pancakes and waffles, add the blueberries as soon as the batter has been poured on the griddle or waffle iron. This will give the product a better appearance and make it easier to turn.

If frozen blueberries are used, increase cooking time to make sure the berries are heated thoroughly. Add frozen blueberries last to mixtures with other fruits. This way the blueberry juice will not color the other fruits.

Blueberries are the perfect choice for a fun, flavorful and healthy snack. Blueberries contain vitamins A & C, iron, potassium and magnesium. They are a good source of carbohydrates and fiber, yet they are low in sodium and cholesterol free. One more piece of good news...blueberries contain 42 calories per half-cup serving.

Five Quick Uses for Blueberries:

Sprinkle over hot or cold cereal. Use as a topping for ice cream. Mix with cottage cheese. Add to fruit salads. Serve in a cantaloupe half topped with yogurt. In addition to these ideas, use your favorite low fat recipes or try a new one like the one below.

Blueberries in the Snow

- 1/2 cup sugar (or equivalent of sugar substitute)
- 1/2 cup milk (skim or %)
- 1-16 ounce whipped topping (low or non fat)
- 1-8 ounce cream cheese (low or non fat)
- 1 large angel food cake
- 1 1/2 cup fresh Craven County blueberries
- 1-21 ounce can blueberry pie filling

Combine sugar, milk, and cream cheese in a large bowl. Beat with electric mixer until blended. Fold in cool whip and blueberries together. Crumble angel food cake into small pieces and add to cream mixture. Mix well and pour into a large bowl packing mixture down and spreading evenly.

Pour blueberry pie filling on top and spread evenly. Cover and refrigerate for at least three hours before serving.

Submitted by Ivy Reid, Craven County Cooperative Extension Agent, Family and Consumer Sciences.

Bogue Shores Club Update

Bogue Shores Club owners are awaiting a structural engineering design plan before repairs can begin on the 34-unit condominium complex where a fourth floor walkway collapsed on March Jones, director of engineers assessing of the 1985 incident have also the oceanfront them have been "They had a intrusion with patio," said Jones. and the wind blows deterioration of the concrete that the system of the explained.



Jones noted that construction using common in other building was the Shores constructed that wood coast will also design makes them Since the one was injured, Jones has declared three units as unlawful to occupy and several more units have been posted as unsafe. The owners of four units that are permanently occupied have made provisions for their safety, according to Jones.

Although it may not be apparent to passersby that work is being done, Jones says the structural engineering firm of Mike Wagner, as well as Joyce and Associates Contractors, have been busy removing drywall, assessing the deterioration of the walkways and balconies, and planning a way to rebuild the structures to ensure their safety. He added that repair work may begin only after an acceptable design plan is submitted.

this type of metal rods was areas but that this only one in Pine Knoll this way. He added structures along the deteriorate, but their easier to maintain. incident, in which no

Don't Miss the Following Articles

- The Dining Page ... Pg. 13
- Treasured Pioneer ... Pg. 9
- Beware of Snakes . Pg. 16
- Calendar Pg. 20

Munden Funeral Home
Phillip Munden, Jr.
Taylor Munden
726-8066
2112 Arendell St.
Morehead City

A Time to Remember

Take a minute out of your busy day to remember American servicemen and women, past and present. We owe the freedom of this country to each and every one of them.

FREEDOM

Thinking of Buying or Selling?

 Debra Ball REALTOR® 878-2255	 Mark Mansfield REALTOR® ABR, ePro 342-5508	 Cindy Bishop REALTOR® 528-0039
 Kim Adams REALTOR® 342-4967	 Tim Bradford REALTOR® 342-1699	 BJ Leonard ARR, GRU, REALTOR® 342-1615

Country Club Run!
Reserve Your Home Site Today!
Golf & Shore
Your Hometown Realtor **Properties**
www.golfandshore.net
224 BRANDYWINE BLVD., MOREHEAD CITY, NC 28557
(252) 240-5000 • (800) 523-4612 • Fax (252) 247-3645