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# July

CHEQUAMEGON BAY



**HARVEST**  
of  
the **MONTH**



# BERRIES

## Nutritional Benefits

Besides being delicious, one of the reasons berries are so popular is that they continue to be named “superfoods” by food researchers. In the past two decades, scientific studies have been done that show the fruits as having potential benefits for fighting chronic disease due to berries’ high levels of antioxidants.

## How to Select

Fresh berries are typically in season from late May through September. Look for berries with bright, even coloring and no visible decay. Be sure to turn plastic clamshells of berries over to check all sides, as they are very delicate and bruise and spoil easily.

## How to Store

When you get them home, keep refrigerated until just before use, and only wash when ready to eat. Wet berries spoil much faster in the refrigerator. Be sure to freeze whatever you can’t use in a few days, and enjoy luscious, delicious berries year-round!

## How to Eat

Most people are familiar with the classic ways to use berries: cobblers, crisps, pies and sorbets, but berries go far beyond sweet in the kitchen. Berries pair well with most savory proteins, including pork and chicken. Smoothies are fun to improvise with at home. Berries also complement many types of salad greens.

## Did you know?

- ✓ These classic fruits, many of which are native to North America, are grown in the U.S. from coast-to-coast, quite literally!
- ✓ Strawberries are the most popular fruit worldwide.
- ✓ A South Dakota State University study found that ice crystals formed during the freezing process makes the antioxidants in berries more readily available to the body.
- ✓ The antioxidants in berries are real brain boosters because they reduce inflammation, provide protection from free radicals, and improve brain function (neuroplasticity).

# Get Local Berries



Northern Wisconsin's climate is perfect for berry growing. The cool, moist weather is just right for them. If you'd like to pick your own or just grab a pint of already-picked, here's a list of local berry farms.

## **Apple Hill Orchard**

34980 County Road J  
Bayfield, WI 54814  
715-779-5425

## **Bayfield Apple Company**

87540 County Highway J  
Bayfield, WI 54814  
715-779-5700

## **Blue Vista Farm**

34045 County Highway J  
Bayfield, WI 54814

## **Erickson's Orchards & Country Store**

86600 Betzold Road  
Bayfield, WI 54814  
(715) 779-5438

## **Hauser's Superior View Farm**

86565 County Highway J  
Bayfield, WI 54814  
(715) 779-5404

## **Hillcrest Orchards**

35025 County Highway I  
Bayfield, WI 54814  
(715) 779-5756

## **Homestead Gardens**

77065 State Highway 13  
Washburn, WI 54891  
(715) 373-2770

## **North Wind Organic Farm**

86760 Valley Road  
Bayfield, WI 54814  
(715) 779-3254

## **Rocky Acres Berry Farm**

87340 County Hwy J  
Bayfield, WI 54814  
(715) 779-3332

## **Sunset Valley Orchard**

86520 Valley Road  
Bayfield, WI 54814  
(715) 779-5510

# Cooking Corner

## **BERRY ICE POPS**



### **Ingredients**

- 2 cups fresh berries, washed and chopped (use a single kind or a variety)
- 1/4 cup sugar
- 2 tablespoons honey
- 1/4 cup water
- 1 teaspoon lemon juice
- 1 1/2 cups plain, nonfat Greek yogurt

### **Preparation**

In a saucepan, bring the berries, sugar, honey and water to a boil. Simmer for a few minutes to dissolve the sugar, remove from heat, and pulse in a food processor until just chunky. Place the mixture into a small bowl and cool it in the refrigerator for 15-20 minutes. Whisk or fold the yogurt and lemon juice into the berry mixture until thoroughly combined. Pour the mixture into molds (see Tips & Notes) and freeze for at least 5 hours. Run molds under hot water to release the ice pops.

### **Tips**

If you can't find molds, use paper cups and wooden paddles or sticks.

Recipe courtesy of [strongertogether.com](http://strongertogether.com)

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Created for the Healthy CHANGE COALITION  
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Contact [outreach@cheqfood.coop](mailto:outreach@cheqfood.coop).