

Live Free and Dig

with the Littleton Garden Club
Blueberry picking season

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Littleton Garden Club

It is blueberry picking season in the North Country. We are so fortunate to have plenty of opportunities to be out picking blueberries and creating those delicious jams, muffins pies and countless other blueberry confections.

Some places you can pick your own berries are:

Windy Ridge Orchard

1775 Benton Rd., North Haverhill
windyridgeorchard.com

M.R.'s Blueberry Heaven -

681 West Milan Rd., West Milan

Phone: 1-603-449-2232.

Super Acres - Blueberries

722 River Rd., Lyme

Phone: (603) 353-9807

Pack a lunch for the kids and venture out. Make sure you use some bug protection on exposed skin, a good hat for sun and a bucket that will hold plenty of blueberries. I find it helps if you use a large round plastic container, poke a hole on two sides opposite each other, string twine be-



tween them so it can be carried over the shoulder. The berries just seem to fall into the container.

After you collect your berries, how do you use them? My first choice is to freeze them. I love frozen blueberries on my morning cereal with a scant bit or sugar. What a treat! Clean and pick over the berries for the fully ripe berries (although, my granddaughter likes them on the green side). Wash them thoroughly, dry with paper towels and spread them one layer thick on a tray covered in wax paper. Put the tray or trays in the freezer for a couple of hours. When they are frozen, place them in a plastic freezer

bag and replace them in the freezer to be used at your leisure. If you pick enough berries, you can still be enjoying berries in December.

The first way I use these frozen berries is to hand them out to the kids in a small cup on a very hot day. The love them and it is much better than something loaded with sugar.

Here are a couple of recipes to use either frozen or fresh picked berries.

Blueberry Muffins

- Preheat oven to 350
2 Cups of flour
1 ¼ Cups of sugar
2 tsp. baking powder
½ tsp. salt
2 eggs

½ Cup of Milk

1 stick of butter or margarine melted

1 generous Cup of blueberries

Mix in order. Pour batter into a muffin pan lined with paper baking cups. Fill the cups 2/3 full. Sprinkle with baking sugar (it is larger crystals sometimes called sprinkles) and bake for 30 minutes. If you do not have baking sugar, regular sugar works fine.

Blueberry Pie

2 pie crusts for top and bottom of pie

1 Cup sugar

4 ½ Cups blueberries

1 lemon (juice only)

5 Tbsp. flour

¼ tsp. nutmeg

Salt (just a dash)

Butter or Margarine

Clean the berries in a large colander. Place in a large bowl. Add flour, sugar, lemon, nutmeg, and salt.

Stir gently to blend. Pour into pie crust. Dot with butter or margarine. Top with second crust and pierce the top to vent. Bake at 400 for 15 minutes. Reduce the heat to 350 and bake for 30 - 45 minutes longer.

Happy Berryring!