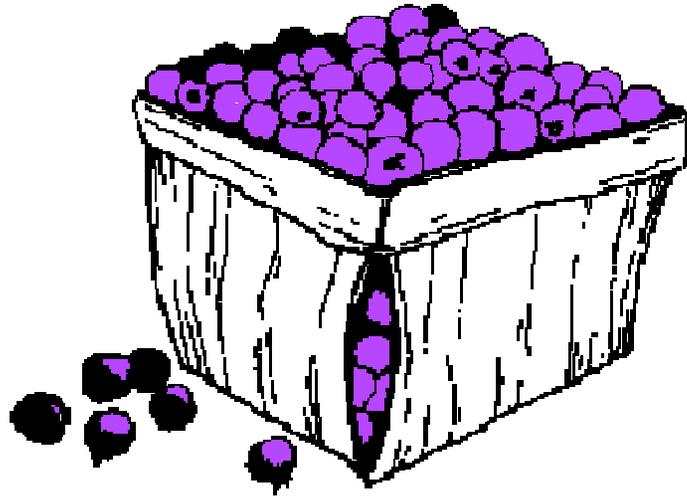


# BONNELL'S



# BLUEBERRIES

## *Welcome...*

Welcome to the wonderful world of blueberries! Wash and enjoy them. There's no peeling, no pitting, no seeding. Just delicious flavor plus good nutrition with only 42 calories per half cup serving for those watching their waistline. Enjoy them as snack, on your favorite cereal, with ice cream or while cooking with them.

## **Picking and Keeping**

Picking blueberries is a simple matter. Choose blueberries that are plump and firm with a light, powdery gray-blue color.

Blueberries keep longer than any other berry. Blueberries can be refrigerated anywhere from ten days to two weeks. Berries should not be washed until ready for use.

## **Freezing**

Freeze a supply of blueberries so you can enjoy them all year long. All you need to do is put them in the freezer. **Do not wash before freezing.** Wet berries freeze in a clump. Dry berries freeze separately and pour out like marbles. Remember wash before using, not before freezing. Put them in the freezer and in January enjoy Sunday breakfast with blueberry pancakes or muffins to remind you of summer fun and blueberries!

### **Blueberry-Banana Bread**

2 cups flour	½ cup Margarine
2 tsp. baking soda	¾ cup Sugar
½ tsp. salt	2 eggs
½ tsp soda	3 mashed bananas
½ cup chopped nuts	1 cup blueberries

Sift together flour, baking powder, salt & soda. Cream sugar, margarine and eggs. Add bananas. Combine. Fold in blueberries (and nuts if desired). Pour into greased bread pan and bake at 350 for 1 hour.

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### **Wanda's Best Blueberry Pie**

<u>8-inch pie</u>	<u>9-inch pie</u>
3 cups blueberries	4 cups blueberries
¾ cup sugar	1 cup sugar
3 Tbsp. flour	4 Tbsp. flour

Combine and pour into unbaked pie shell. Sprinkle with cinnamon and add a pat of butter. Cover with top crust and bake at 425 for 15 minutes, then lower heat to 350 for 45 minutes.

### **Pie Crust**

1 ½ cups flour	½ cup lard
½ tsp. salt	¼ cup butter
¼ tsp. baking powder	¼ cup water

Place all ingredients except water into a large bowl. Cut together with pastry blender. Add water slowly and blend (do not overwork). Separate into two balls and roll on floured board. Add filling and bake

### **Blueberry Coffee Cake**

¾ cup sugar	2 cups sifter flour
¼ cup butter or margarine	2 tsp. baking powder
1 egg	½ tsp. grated lemon rind
½ cup milk	½ tsp. lemon juice
½ tsp. salt	1 ½ cups blueberries

Mix together and spread batter in a greased and floured 9" square pan. Cover with the following crumb mixture:

½ cup sugar	1/3 cup sifted flour
½ tsp. cinnamon	¼ cup soft butter or margarine

Bake at 375 for 25 to 35 minutes

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### **Blueberry Pancakes**

1 ¼ cups flour	1 egg, well beaten
2 tsp. baking powder	1 cup milk
2 Tbsp. sugar	3 Tbsp. melted shortening
¾ tsp. salt	1 cup blueberries

Sift together flour, baking powder, sugar and salt. Combine egg, milk and shortening. Slowly add flour mixture, stirring only until dry ingredients are moist but still lumpy. Fold in blueberries. Bake on hot greased griddle. Turn pancakes when covered with bubbles; turn only once during baking. Makes 10 to 12 pancakes.

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### ***Crisp Blueberry Surprise***

4 cups blueberries                    ½ cup water  
3 Tbsp. flour                            ½ tsp. lemon juice  
1 ¼ cups sugar

Combine and cook until thickened.  
Place in a 9 x 9 baking dish and set aside.  
Mix together:

1 stick margarine                    1 cup oatmeal  
1 cup brown sugar                    1 cup flour  
½ tsp. soda                            ½ tsp. baking powder  
½ tsp. salt

Place this mixture over top of blueberries. Bake at 350 for 30 to 35 minutes until brown. Serve in dessert dishes. Top with whipped cream.

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### ***Blueberry Cobbler***

4 cups blueberries                    3 Tbsp. flour  
1 cup sugar                            ½ tsp. cinnamon

Combine and place in a 9 x 9 baking dish.  
Mix together:

1 cup flour                            ½ cup sugar  
1 tsp. baking powder                    ¼ tsp salt  
1 egg, well beaten                    ½ cup milk  
1/3 cup butter or margarine melted

Sift together flour, sugar, baking powder, and salt. Combine egg, milk, and butter. Add to dry ingredients. Mixing until smooth. Pour over blueberry mixture. Bake at 325 for 40 to 50 minutes until top is golden brown. Serve with whipped cream.

### ***Crumb-Topped Blueberry Muffins***

2 ½ cups flour                            1 egg  
4 tsp. baking powder                    1 cup milk  
½ tsp. salt                                1 tsp. vanilla  
½ cup sugar                                1 ½ cups blueberries  
¼ cup butter or margarine

Sift together flour, baking powder and salt. Cream sugar, butter and egg. Add sifted ingredients to creamed mixture and combine. Add liquid all at once and stir until blended. Fold in blueberries. Spoon into 12 greased large muffin cups.

### ***Topping***

½ cup sugar                                1/3 cup flour  
½ tsp. cinnamon                        ¼ cup butter or margarine

Mix sugar, cinnamon, and flour and cut butter into mixture until it crumbles. Sprinkle over the top of muffins. Bake in 375 oven for 20 to 25 minutes.

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### ***Blueberry Spiced Mold***

2 cups blueberries                    ½ cup nuts if desired  
¾ cup sugar                                1 tsp. cinnamon  
1 cup flour                                1 tsp. soda  
1 egg, beaten

Cover berries with sugar – let stand 20 minutes. Combine dry ingredients – add to berry mixture. Add beaten egg. Mix well. Bake in 1 quart mold at 325 for 40 minutes. Turn out when warm. Cover with this sauce:

¼ cup butter                                1 Tbsp. flour  
½ cup brown sugar                    ½ cup water  
Cook until clear. Add ¼ tsp. vanilla flavoring.

## **Blueberry-Glazed Cheesecake**

### **Graham-Cracker Crust**

1 cup graham-cracker crumbs  
2 Tbsp. sugar  
1/3 cup butter or margarine, melted

### **Cheese Filling**

2 env. Unflavored gelatin	3 pkg. (8oz) cream
1 cup sugar, ¼ tsp. salt	cheese at room temp
3 egg yolks	2 Tbsp. grated lemon rind
1 cup milk	2 Tbsp. lemon juice
3 egg whites(room temp)	1 tsp. vanilla extract
1 cup sour cream	

1. Make graham-cracker crust: In small bowl, combine crumbs, 2Tbsp. sugar and butter; mix well with fork. Press into bottom of 9 inch spring form pan. REFRIGERATE.
2. Make cheese filling: In small, heavy saucepan, combine gelatin, ¾ cup sugar and the salt. In small bowl, with wire whisk, beat egg yolks with milk until smooth; gradually stir into gelatin mixture; mix well.
3. Cook over medium heat, stirring until gelatin is dissolved and custard is thickened slightly (should form coating on metal spoon) – about 5 minutes. Remove from heat; cool 10 minutes.
4. In large bowl; with electric mixer, at medium speed, beat cream cheese, lemon rind, lemon juice and vanilla until smooth – 3 minutes. Slowly add cooled custard, beating at low speed just to blend. Set in a bowl of ice water to chill, stirring occasionally, until mixture mounds (partially set) when lifted with spoon.
5. Meanwhile, at medium speed and using clean beaters, beat egg whites until soft peaks form when beater is

slowly raised. Gradually add ¼ cup sugar, beating until stiff peaks form.

6. Add beaten egg whites and the sour cream to cheese mixture; beat at low speed just until smooth. Turn into the prepared pan, spreading evenly. Refrigerate until firm and well chilled – at least 4 hours or overnight.
7. To serve, loosen side of pan with spatula. Spread Blueberry glaze over top.

### **Blueberry Glaze**

1/3 cup sugar	1 Tbsp. cornstarch
1 ½ cups blueberries	1 Tbsp. lemon juice
½ cup water	

1. One hour before serving: In a small saucepan, combine sugar and cornstarch; mix well.
2. With fork, crush ½ cup blueberries. Stir into sugar mixture along with ½ cup water. Bring to boiling, stirring, until thickened and translucent. Add lemon juice and rest of blueberries. Cool 30 minutes. (Serves 10-12)

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### **Delicious Blueberry Cheesecake**

1 2/3 cups graham-cracker crumbs  
¼ cup sugar  
¼ cup softened butter or margarine

Blend well and press firmly in 8-inch pie plate.

1 box lemon instant pudding	1 pkg (8oz) cream cheese
2 cups milk	1 cup blueberries

Follow directions on box, add the blueberries, and pour into graham cracker crust. Top with Blueberry Glaze (above).

## **Blueberry-Lemon-Cream Cheese Bars**

*Contributed by Liza Braunlich*

### **Crust**

- 1 c. butter
- 1 c. powdered sugar
- 2 c. flour
- 1 tsp. vanilla extract

Beat the butter, powdered sugar and vanilla until fluffy. Add flour and mix just until mixture forms crumbs. Press about 2/3 of the crumbs in the bottom of a 13 X 9 inch greased baking dish. Bake 400° for 10 – 12 min.

*NOTE: I usually just microwave the butter and stir in the sugar, flour and vanilla and it works fine.*

### **Filling**

- 8 oz. cream cheese
  - ¼ cup sugar
- Microwave the cream cheese until warm, add the sugar and spread over baked crust.

Mix together and spread on crust:

- ½ c. granulated sugar
  - 3 T. flour
  - Juice and zest of one lemon
  - 1/8 tsp salt
  - 3 eggs
  - 4 cups fresh or frozen blueberries
- Sprinkle remaining cookie base on top.

Bake 350 for 30-40 minutes. Cool completely.

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## **As American as**



### **Fresh Blueberry Pie**

- 1 baked 9" pie shell
- 2 Tbsp. light cream
- 1 pkg. (3oz) cream cheese
- 1 Cup Sugar
- 3 Tbsp. cornstarch
- ¼ tsp. salt
- 1 Tbsp. butter or margarine

Add light cream to cream cheese; mix until smooth.

Spread over bottom of pie shell and chill well, at least two hours. Place 2 cups fresh blueberries in chilled pie shell. To make sauce, cook remaining berries with sugar, cornstarch, salt and water over medium heat until thickened. Remove from heat; add butter; let cool. Pour over berries in shell. Chill until serving time. Serve with whipped cream.

***BONNELL'S BLUEBERRY  
PATCH***

*Cliff & Wanda Bonnell*

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