



June 28, 2012

Welcome to FruitShare™!

We are pleased to be partnering with Hog's Back Farm this summer and look forward to providing you with the tastiest fruits of the season.

Enjoy,

Everett Myers, Founder and President of FruitShare™

### **Storage and Ripening**

Place your blueberries in the coldest part of the refrigerator. If you like your blueberries a little warmer, you can leave a pint of berries out in a bowl at room temperature. You can freeze some berries, too, by putting them in a zip-loc baggie and in the freezer. It's best not to wash blueberries before freezing, or they may become a solid block that is difficult to work with. When eating blueberries fresh, wash the portion you want to eat, and keep the rest dry in the refrigerator.

### **What It Takes**

Lou's blues are some of the most anticipated fruit of the whole year - and for good reason! These blueberries are plump, juicy and sweet, making them the perfect healthy summertime treat. Lou and his wife, Liz, grew these blueberries on their hometown of Hammonton, New Jersey.

Lou and his team of 20 workers head out to the fields every day at 4:30 am to start picking berries. Around noon, Liz brings out their two young sons, Louie, Jr. (note the photo on the clamshells is Louie Jr.) and Dillan, to help pick. For Liz, the kids are a big reason why she loves farming organically. "We raise our kids here, and they're not inhaling any chemicals" she says. The benefits stretch beyond just her own family. She continues, "Farming organically is better for us, for our children, for the environment and for everyone who buys our organic berries."

Lou and Liz's farm is a busy hive of activity throughout the growing and harvesting season, and they don't take the easy way out when it comes to farming. Organic growing practices require a lot of effort, and they like to be as hands-on as possible, which is why they have such a small team of workers. Lou and Liz truly have the best interests of their kids, employees and customers at heart. And we think that's why they have some of the best blueberries we've ever tasted.

### **Health and Wellness**

Blueberries are truly one of the healthiest foods you can find. They are low in calories, yet very high in nutrients your body needs to stay healthy. Blueberries contain tons of antioxidants, which fight harmful by-products in your body called free radicals. This helps fight against cancer and other age-related diseases. Blueberries help lower your cholesterol; in fact, the USDA found that blueberries can lower your cholesterol more effectively than prescription drugs, due to a special antioxidant called pterostilbene. Because they can help lower bad cholesterol so well, blueberries can be very helpful in preventing obesity and heart disease. Blueberries may also help improve your memory, concentration and balance. The antioxidants in blueberries also support the health of your eyes and eyesight.

Preliminary research shows that blueberries can help protect against age-related deterioration in the brain such as short-term memory loss. There is even some evidence that blueberries may be able to help reverse the effects of Alzheimer's disease and other neurological disorders. No wonder

blueberries are considered the master of superfoods!

**Recipe**

Blueberry Crumb Pie

1 unbaked 9-inch deep dish pie crust

4 cups fresh blueberries

1/2 cup sugar

3 tablespoons flour

1 teaspoon cinnamon

1 tablespoon orange juice or 1 tablespoon lemon juice

1/2 cup flour

1/2 cup brown sugar

2 tablespoons butter

Preheat oven to 375 degrees. Place pie crust into pie pan and crimp edges as desired. In a mixing bowl, combine all filling ingredients gently. Pour evenly into pie plate. Combine flour and sugar for topping and cut in butter until mixture resembles coarse crumbs. Sprinkle evenly over filling. Bake for 40-50 minutes until filling starts to bubble and crust is lightly browned. Cover edges with foil if crust is browning too quickly.

Courtesy of food.com

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