

Foraging for Wild Edibles:

Highbush Blueberry



Foraging for Wild Edibles



Why forage?

Foraging feeds us – literally and figuratively. Foraging helps to fill our freezer and pantry without us planting seeds or spending dollars.

Foraging helps us to better understand the earth and more about our sense of place on it.

Foraging anchors us in the season – it helps us to be mindful of the now.

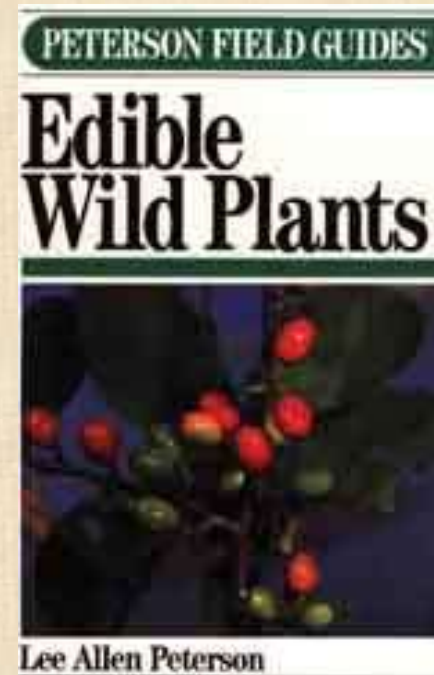
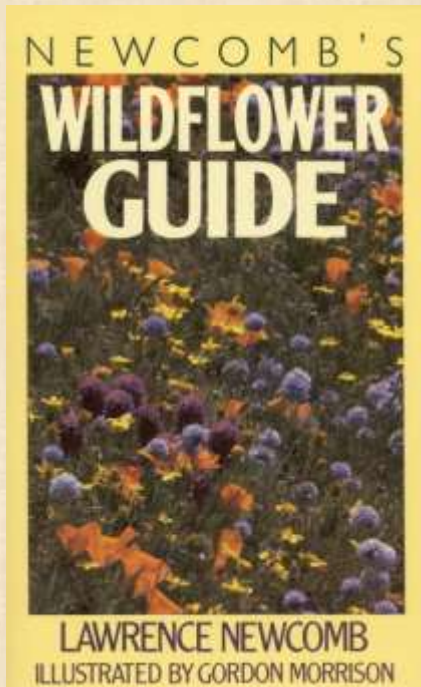
Foraging for Wild Edibles:

Tips for Responsible Foraging - Know your plants



Newcomb's Wildflower Guide,
by Lawrence Newcomb

*A Field Guide to Edible Wild Plants of
Eastern and Central North America,*
by Lee Peterson

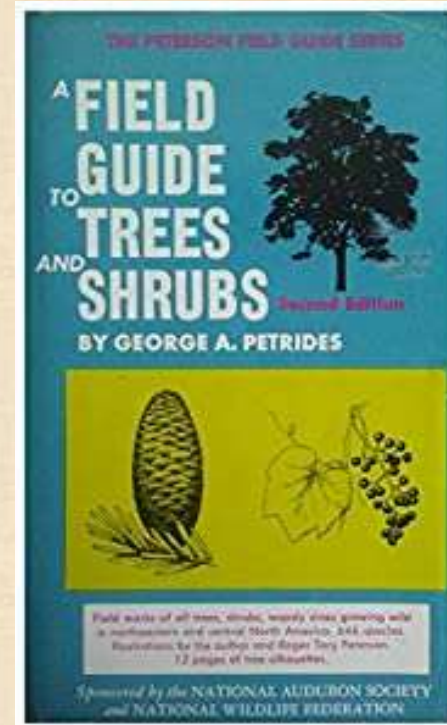
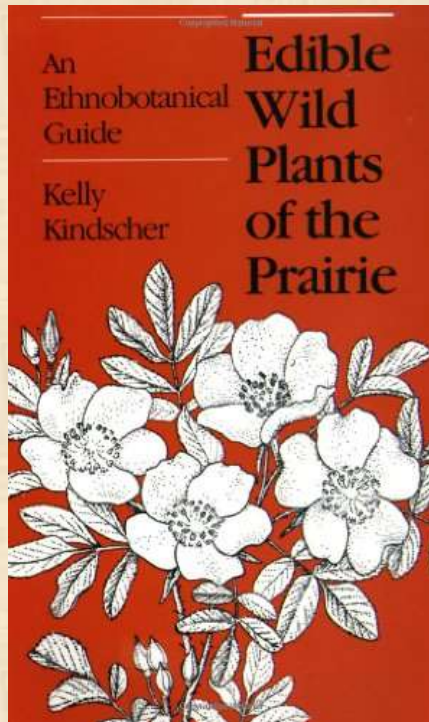


Foraging for Wild Edibles: Tips for Responsible Foraging - Know your plants



*Edible Wild Plants of the Prairie:
An Ethnobotanical Guide,*
by Kelly Kindscher

A Field Guide to Trees and Shrubs,
by George A. Petrides



Foraging for Wild Edibles: Tips for Responsible Foraging



- Verify that foraging is allowed at the site. For example, most nature preserves prohibit the removal of plants and plant parts.
- Consider your site's management – evidence of use of chemicals, mowing frequency, etc.
- Don't overharvest native species – please follow the “one-in-twenty” rule: harvest 5% of what you find.



For invasive species, *eat them all!*



Foraging for Wild Edibles: Forager's Oath *by Matt Suwak*



“I’ll only eat what I sure know,
Have respect for things that grow.
I’ll watch my step and never litter,
Enjoy the sun and ignore Twitter.

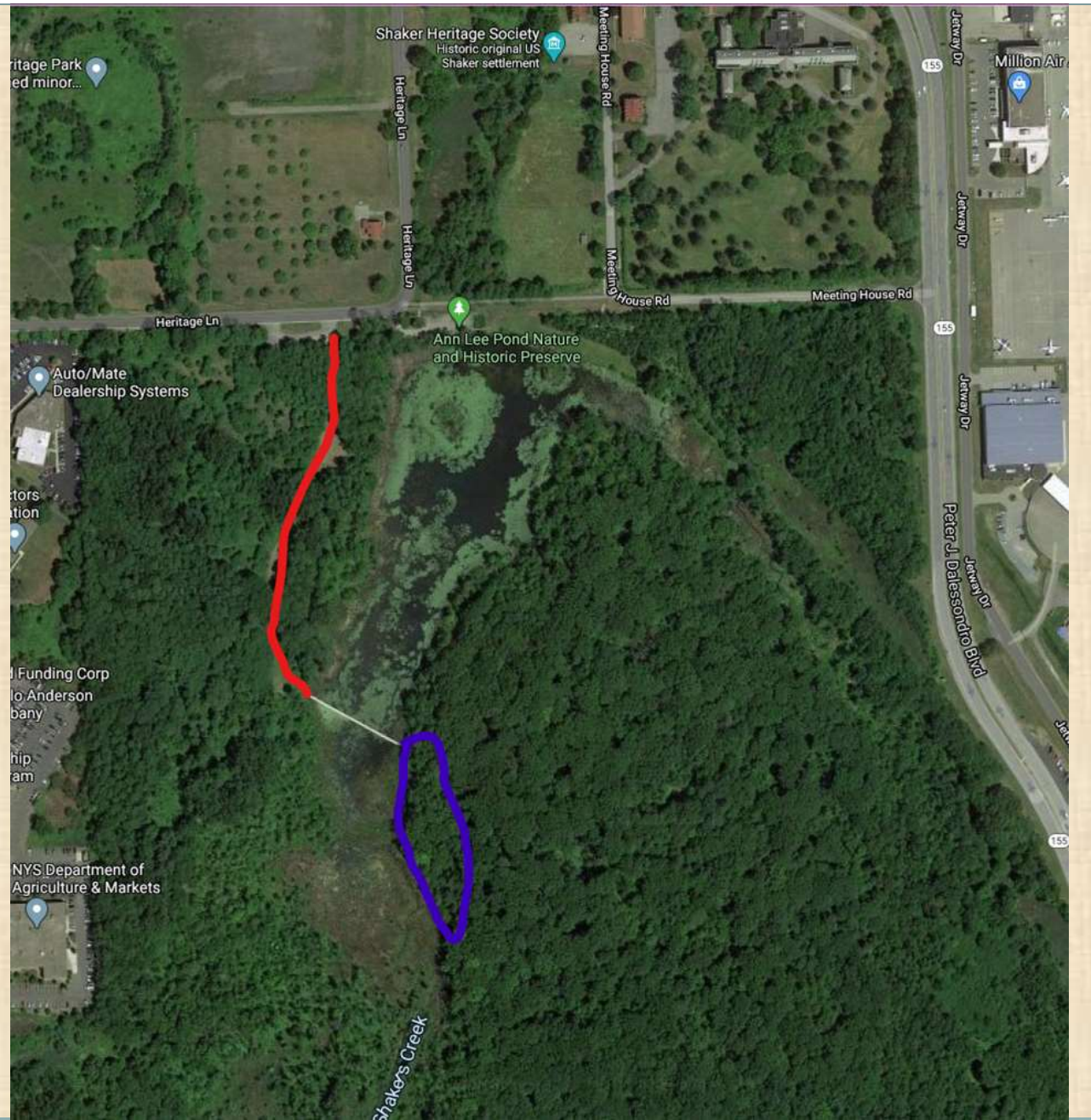
I’ll only eat my fair share,
Leaving most for bird and bear.
I’ll open up while I am picking,
And feel full when I’m quitting.

I’ll teach and be encouraging,
When I go a-foraging.”

From parking lot along Heritage Lane, proceed south along red route, cross the bridge over Ann Lee Pond, and then look for the targeted species within the purple area.

After crossing the bridge, the trail forks to your right and again at an intersection with another trail from your left.

There are numerous shrubs scattered throughout this portion of the preserve.



Highbush Blueberry

(Vaccinium corymbosum)



As a “thank you” to each of you for joining me today, I will be happy to provide you with information from this presentation, including:

- ❖ plant ID tips,
- ❖ curious anecdotes,
- ❖ recipes, and
- ❖ a map showing where to find the targeted species discussed today.

If interested, please send your email request to:

dave@curiousbynature.mysite.com

However, you must send your email request before the end of this presentation. *Now* would be a good time to do so.



Dietary Information about Highbush Blueberry



- Excellent source of dietary fiber, vitamin C, vitamin K, manganese and other trace minerals, iron, and a number of antioxidants.
 - Antioxidants are highly concentrated in the deep-blue pigments of wild blueberries.
 - Antioxidants help our bodies protect against disease and age-related health risks by canceling free radicals, which are unstable oxygen molecules associated with cancer, heart disease, Alzheimer's disease, and the effects of aging.

How to identify Highbush Blueberry

(Where found: Swamps, pastures and woods)



6' to 12' tall with equal width

Red and green
young stems

Multistemmed
with upright-
spreading
branching

Blossom end of
berry (calyx)
forms shape of
a perfect five-
pointed star



Blue-black fruits in July-August

How to identify Highbush Blueberry

(Where found: Swamps, pastures and woods)



Small urn-shaped
flowers in May

Bark of trunk and larger branches is somewhat shredded and gray to gray-brown.

How to identify Highbush Blueberry

(Where found: Swamps, pastures and woods)



Alternate leaf arrangement



Yellow-orange-red fall color

When to harvest Highbush Blueberry fruit



Blueberries taste sweeter if left hanging on the bush to fully ripen.

Pick 3-7 days after the berries turn completely blue all the way around for maximum sweetness.

Tips for clean picking



Pluck off individual berries; grabbing a handful will also collect leaf and twig debris.

Do not roll berries off the stem; this motion peels the skin.

Tips for clean picking



Pick berries into a convenient and easy-to-navigate “berry bucket.”

Tips for clean picking



How to pick wild
blueberries

www.MasalaHerb.com
©Helene D'Souza

As you fill your bucket, transfer contents into a larger container.

Pour a handful at a time into your palm, picking out any imperfections before placing the berries in the container.

Tips for storing and using fresh blueberries



The silvery sheen (or “bloom”) found on the skin of blueberries is a naturally occurring compound that helps protect the fruit.

Therefore, only wash fresh blueberries right before you’re going to eat them.

Fresh blueberries should be stored in the refrigerator and will keep fresh for up to 10 days.

Tips for storing and using frozen blueberries



According to the U.S. Food and Drug Administration, none of the nutritional value or antioxidant goodness of blueberries is lost when the fruit is frozen.

Frozen blueberries keep well for up to two years.

Culinary Uses for Highbush Blueberry



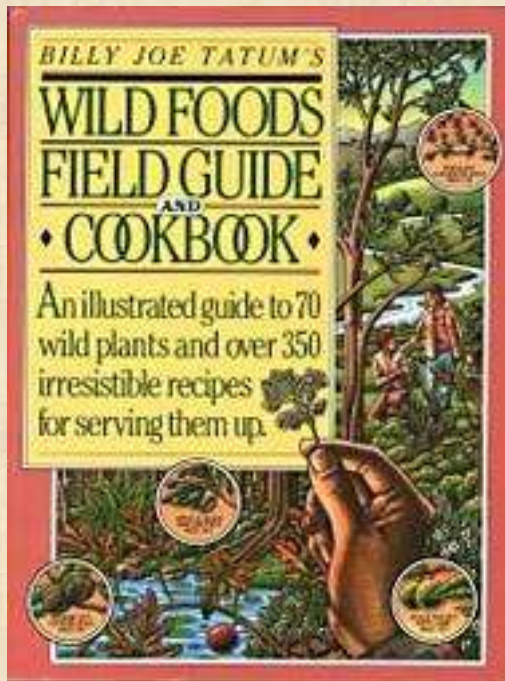
Highbush Blueberry can be used in these culinary applications:

- ❖ fresh fruit,
- ❖ jam and jelly,
- ❖ compote,
- ❖ ice cream,
- ❖ pudding,
- ❖ fruit leather,
- ❖ in baked goods,
- ❖ in sauces,
- ❖ in salsa, and
- ❖ beverages, including smoothies and cocktails.

Foraging for Wild Edibles: Recipe Resources

Wild Foods Field Guide and Cookbook,
by Billy Joe Tatum

www.wildmanstevebrill.com/cooking



STEVE BRILL

Wild (and not-so-wild) Recipes



More of my favorite recipes

[Acorns - Bean Preparation](#)

[Acorns - Bean Tortillas](#)

[Almond Bites, Crunchy](#)

[Apple and Wildwood Pie](#)

[Autumn Olive Berry Jam](#)

[Bannocks \(Sweet & Yeast\)](#)

[Beach Plum Conserve](#)

[Beach Plum Jam](#)

[Baked Wild Flour Pie](#)

[Blackberry Dimples](#)

[Blackberry Pancakes](#)

[Black Strawberry Ice Cream](#)

Highbush Blueberry



Last call!

If you'd like the information from this presentation (including recipes), please send your email request *now* to:

dave@curiousbynature.mysite.com

Thank you!

Be well.



SAVE the dates!



Join me for the remaining sessions of *Foraging for Wild Edibles* –

- August 26 @ 5:30pm: *Hazelnuts*
- September 9 @ 5:30pm: *Nannyberry*
- October 3 @ 1pm: *Hickory Nuts*
- October 4 @ 1pm: *Autumnberries*

Please check the [Events page of my blog](#) for details and any updates on each upcoming event:

www.curiousbynature.wordpress.com.

THE END

