

# Wild Blueberry HANDLING

DO YOU KNOW THE BEST WAY TO HANDLE FROZEN WILD BLUEBERRIES? USE THESE HANDY TIPS TO MAKE YOUR WILD BLUEBERRY MEALS THE TASTIEST THEY CAN BE.



## **Treat Wild Blueberries as any other frozen fruit:**

Upon receiving, frozen products should be temperature checked and approved by your Standard Operating Procedures.

Upon opening the box, IQF fruit should be loose and free flowing with little agitation.

Keep frozen until ready to serve for best quality.

Students love the semi-frozen state berry - portion cups for lunch earlier in the day and place back into the freezer until right before service.

Only bring out of the freezer amounts that you can prepare while they remain partially frozen - once the IQF berries thaw, they should be used within 5 days or processed into a recipe.

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**The large 30-pound cases**, if held at room temperature for too long will thaw and turn into a brick when put back into the freezer. To avoid this and to keep the individually quick-frozen Wild Blueberries in prime condition, simply scoop out what you need and then put the rest of the box back into the freezer for future use.

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## **Cooking:**

When using them in another recipe where you want to minimize any weeping when they thaw - slack in the refrigerator in a strainer; (like Salsa)

If you are making a large batch of a thickened, cooked recipe - WBB Syrup, Dipping Sauce; thicken with modified starch if you plan to freeze it for future meals.

## **Baking:**

To avoid a blue tinted batter, bring Wild Blueberries straight out of the freezer, toss with flour and fold gently into the batter before they thaw. With less juice per berry, Wild Blueberries will tend to hold their shape in baked goods and not leave large voids.



## **Smoothies:**

puree right from frozen to replace the ice cubes in many recipes. For smaller blenders you may need to slack the Wild Blueberries for quicker blending, include the juice in your measurement of a half cup!

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