



Have You Had Your Berries Today?

They say that good things come in small packages and that's especially true for the blueberry. Its also been said it's the worlds healthiest food. And with July being National Blueberry Month, what better time to celebrate the little blue berry.

In study after study, the benefits of berries are life altering. Most recently, researchers revealed that women who ate more than three servings of blueberries or strawberries a week had a 34 percent lower heart attack risk than those who ate less. Researchers say the reason is that the berries, like other red and blue fruits and vegetables, have high concentrations of anthocyanin, an antioxidant that may help lower blood pressure and improve blood vessel function. Another study found that women who eat plenty of blueberries and strawberries experience slower mental decline with age than women who consume fewer of the fruits.

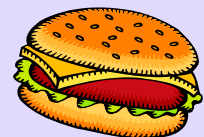
Blueberries aren't the only berries that are good for us though. Other berries such as strawberries, raspberries, cranberries and blackberries also have a lot nutritional value.



- *Ice Cream Day*
Jul 20, 2014



- *Hamburger Day*
July 28, 2014



- *Salad Week*
4th Week



Blueberry Lime Salsa

makes about 1 1/2 cups

1 cup fresh blueberries
5 medium strawberries
1/4 red onion
1 teaspoon lime zest
juice of two limes
1/3 cup fresh cilantro leaves
1/2 avocado, chopped
salt and pepper to taste



Combine blueberries, strawberries, onion, lime zest, juice and cilantro in a food processor or blender and pulse. The consistency is up to you but I like to leave mine a bit chunky, so I only pulse it about 5-6 times. Taste and season with salt and pepper if desired. Scrape salsa into a bowl and fold in chopped avocado. Serve with pita or corn chips, or on top of fish or chicken

Strawberry Banana Blueberry Green Smoothie

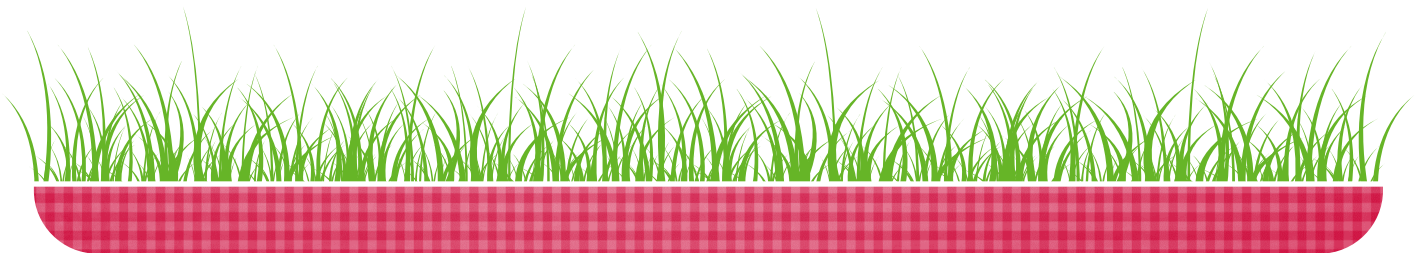
Ingredients

2 cups spinach, fresh
3/4 cup water
3/4 cup orange juice
1 cup strawberries
1 cup blueberries
2 bananas



Blend spinach, orange juice and water until smooth. Next add the remaining fruits and blend again.

Use at least one frozen fruit to make the green smoothie cold.





2014 Rice Expo

Bring the whole family and join us Friday, August 1, at the Grand Prairie Center in Stuttgart for the 2014 Arkansas Rice Expo! This year will feature sessions on the new Farm Bill in addition to field tours and family activities that make the Rice Expo one of the biggest agriculture-related events of the year.

You will be able to hear Extension gardening guru Janet Carson talk about growing vegetables and herbs. Dan Chapman, Director of the Fruit Research Station-University of Arkansas System Division of Agriculture, will discuss fruit production. There will also be agriculture breakout sessions on topics such as increasing irrigation efficiency, sprayer clean-up, market outlook, and more.

There will be recipe and food preservation demonstrations, a Farmer's Market, and a rice centerpiece competition. Kids will have a great time at the Farm to You exhibit or participating in varied activities, such as Marshmallow Madness, Youth BB Shoot, Combine Simulator, Youth Archery, and much more.

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