

10 Most Frequently Asked Questions

1) What is Blueberry Health ?	<p>∞ <i>Blueberry Health is a partnership among New Jersey Blueberry Growers, Rutgers University Researchers, Herbalist & Alchemist and the NJ Farm Bureau. Our mission is to support NJ Blueberry Growers by developing healthy products from NJ blueberries.</i></p>
2) What are the Best Ways to take Blueberry Solid?	<p>∞ <i>Spread On Bread, Toast, or Crackers</i> ∞ <i>Make a Sandwich with a Nut Butter – try Almond, Cashew or Peanut</i> ∞ <i>Stir in Yogurt, Cottage Cheese or Oatmeal</i> ∞ <i>Add to Your Tea or Other Beverage</i> ∞ <i>Great in Smoothies!</i> ∞ <i>For the Ultimate Healthy Fast Food - Right off the Spoon</i></p>
3) How many Servings are in a Jar ?	<p>∞ <i>6 oz. Jar contains 96 – ¼ teaspoon servings</i></p>
4) How Long does it last?	<p>∞ <i>Depends on how many servings you are having a day – We recommend at least 2 per day. At that rate, a 6 oz jar lasts about a month and a half.</i></p>
5) How do I Store it?	<p>∞ <i>Please refrigerate after opening</i></p>
6) What is the Shelf Life ?	<p>∞ <i>At least a year after the date of manufacture</i></p>
7) How Many Blueberries are in Blueberry Solid?	<p>∞ <i>Believe it or not there are many different kinds of blueberries and harvest time affects their phytochemistry. We have every batch of our Blueberry Solid tested at Rutgers University and the levels fluctuate, but 2 tablespoons of Blueberry solid are roughly equal to ½ cup of Blueberries.</i></p>
8) What is the carbohydrate content ?	<p>∞ <i>There is no added sugar other than what naturally occurs in our blueberries and small amount of apple juice that is added to reduce tartness. The carbohydrate content from the fruit is approximately 3 grams per ¼ teaspoon serving.</i></p>
9) Are the berries organic ?	<p>∞ <i>Not at this time. Organic berries are more fragile and deteriorate more rapidly. Our NJ Growers have been reviewing organic cultivation methods and how to change-over some of their operations.</i></p>
10) Are pesticides used?	<p>∞ <i>Our NJ Blueberry Growers work with Rutgers University using an integrated pest management system. All berries are run through a sophisticated washing system and are flash frozen at their peak of freshness to await processing. Wanting to insure the highest quality product for their customers, our farmers implemented a screening</i></p>

	<p><i>and testing program 5 years ago – for each and every test done - results have been negative for residual pesticides. We strongly believe this demonstrates responsible farming practices by knowledgeable growers.</i></p>
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