

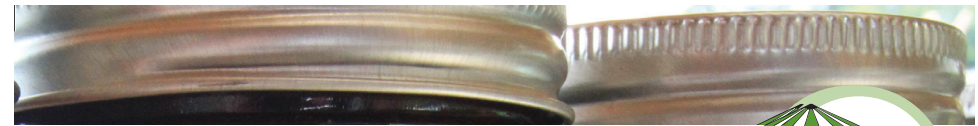
Blueberry Syrup



1/2 cup water
 1/2 cup sugar
 2 cups blueberries
 1 1/2 inch thick lemon slice, with
 rind (optional)

1/4 teaspoon ground cinnamon
 (optional)

Wash blueberries under cool, running water. Drain. Bring water and sugar to boil, then add blueberries, lemon and cinnamon. Simmer for 10 minutes, stirring occasionally. Cool and serve.



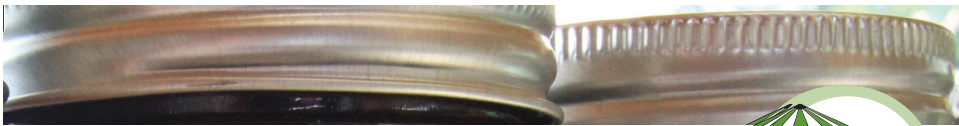
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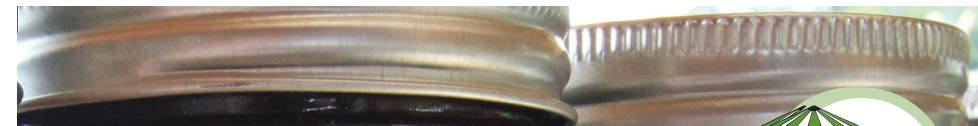
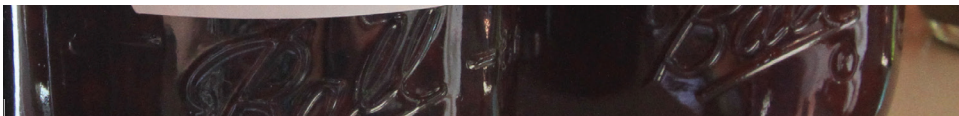
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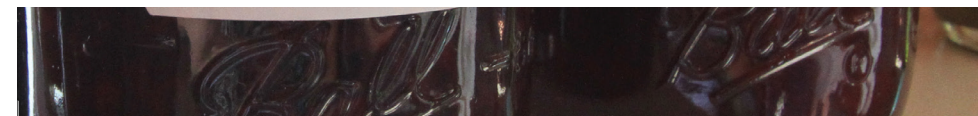
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Farmers Market Food Safety Tips

- Choose berries that appear plump, unwrinkled, blue in color, and nearly free of leaves and stems.
- The box should not be stained or have signs of mold.
- Berries are best used within a few days of purchase.
- Blueberries should be stored in the refrigerator in the original container.
- When ready to use, wash and drain well.
- This recipe works well with over-ripe berries.

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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