



Our blueberries
meet the demand
for healthy sales.

*Profit from your customers' interest
in delicious, nutrient-rich foods.*

*We nurture relationships with the
finest growers in the world so you'll
always have a healthy supply.*

Gourmet 
Blueberries



We offer fresh blueberries all year around because we have our own farms in New Zealand and we work with other top growers around the world.



Retailer Tips

Storage and Handling

- Refrigerate at 34° F – 36° F until display.
- Protect from freezing.

Merchandising Ideas

- Display with other berries.
- Provide recipes.
- Display with baking tools or ingredients.
- Cross-merchandise with premium ice cream and cheesecakes.

Availability

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| New Zealand | • | • | • | • | | | | | | | | • |
| Chile | • | • | • | • | | | | | | | • | • |
| Argentina | | | | | | | | | | • | • | • |
| USA | | | | • | • | • | • | • | • | | | |
| Canada | | | | | | • | • | • | • | | | |

Packs

- | | |
|----------------|----------------|
| 12 X 4.4 oz. | 8 X 18 oz. |
| Qty/Pallet 192 | Qty/Pallet 120 |
| 12 X 6 oz. | 12 X 1 pint |
| Qty/Pallet 192 | Qty/Pallet 144 |

Custom packs available.

FOB Los Angeles
Miami

Gourmet Trading Company

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Green, White, Purple Asparagus ~ Blueberries ~ Super Blues™ ~ Raspberries ~ Blackberries ~ Mangos

Consumer Information

What to Look For

- Blueberries have a characteristic silver-white frost or “bloom.”
- They should appear round and firm, without dents or wrinkles.
- Ripe berries have a uniform blue color.
- Packages should be free of crushed or bruised berries.

Storage and Handling

- Do not wash until immediately before consumption.
- Under ideal conditions, blueberries can keep for 5 –7 days in home refrigerators.

Serving Suggestions

- Best served fresh alone or with sweet cream.
- They make hot and cold cereals especially delicious and nutritious.
- Great in green salads with blue or goat cheese.
- Delicious in yogurt and smoothies.
- Blueberries are unbeatable in muffins and pancakes.

Nutritional Highlights

- Blueberries are high in antioxidants, which are shown to help fight aging and cancer.
- They offer 15% of the RDA for Vitamin C.
- A good source of fiber, with 5 grams, or 20% of the RDA, per 1 cup serving.
- Non-fat, sodium-free and low in calories.
- Provide the blue/purple requirement for “5 a Day the Color Way.”

