

WILD BLUEBERRIES

SUPERFOOD



Cathy O'Brien



Wild blueberries have been growing in Maine, Quebec, New Brunswick, Nova Scotia and Prince Edward Island for over 10,000 years and are naturally resistant to many native pests and disease. They are not to be confused with ordinary blueberries, a larger berry grown in several parts of the world and domesticated around 1900 in new jersey from a native species for commercial development. Both ordinary and wild blueberry offer great health benefits such as being loaded with vitamin C, improves memory, helps manage Diabetes, rich in antioxidant's, improves mental health, low in calories and tastes great.

Wild blue berries are different from the "ordinary" blueberry starting with their size. Wild blueberries are much smaller than cultivated berries and come in a variety of colors. Their tiny berries range in color from light to dark blue with a very intense blueberry flavor. They grow low to the ground on bush like plants as most of the actual plant is underground in a rhizome root system, this is how the plant spreads. These plants have not only survived in acidic soil and challenging winter conditions for thousand of years but have also evolved to adapt and thrive in areas that experience wildfire conditions. After a wildfire the soil becomes enriched with nutrients from burnt vegetation, the plants adapt to utilize these nutrient deposits to their benefit making them stronger and healthier. Their ability to adapt to harsh environments gives them "GENETIC STRENGTH" which we benefit from when we consume them. Their adaptogenic nutrients gives us the ability to adapt to the stress and challenges improves brain related health, and cancer prevention.



Anthony Williams, The Medical Medium describes Wild Blue berries as one of the most healing foods on the planet. One reason he explains is that they are covered with elevated biotics, micro-organisms that supersede any probiotic on the market. Elevated Biotics have rejuvenating powers while assisting the body produce B-12 and helping it mitigate SIBO and acid reflux. While all Wild Blueberries are known for being a nutrient dense food packed with vitamins, minerals, antioxidants as well as having healing properties. The phytochemicals found in wild blueberries offer significant health benefits by acting as antioxidants, neutralizing free radicals, and supporting the body's natural detoxification process. This process assists the body eliminate toxins and heavy metals which viruses like Epstein Barr and shingles feed off of. The Antioxidants in wild blueberries significantly aid in slowing down the oxidation process which helps the cells in our body. It also supports the liver which performs the job of detoxing harmful toxins and metals and metabolizing nutrients, regulating blood sugar and storing essential vitamins and nutrients. And lastly wild Blueberries are packed with compounds that support our Brain Health. These compounds like antioxidants and nutrients work to protect our brain cells, boost cognitive function and inhibit cancer cell growth by strengthening the body's natural defense against cancer.

Because of the limited areas wild blueberries are grown most people buy them frozen as they are found in most major grocery store chains. You can eat them like any other fruit, alone, in smoothies, in salads, and vegetable dishes and baked goods. They are any number of great recipes for wild blueberries online. One of my favorite recipes is listed below.



WILD BLUEBERRY TWICE BAKED SWEET POTATOE

Ingredients:

- 1 large sweet potato
- 1/2 cup of Wild Blueberries
- 1-2 Tbsp ricotta cheese
- 2 Tbsp roasted pecan pieces
- 1 Tsp real maple syrup
- 1/4 tsp cinnamon
- 1/4 tsp allspice
- 1/4 tsp vanilla extract
- pinch of salt



Instructions:

- Preheat oven to 375 degrees.
- Bake sweet potato for 45-60 min
- once its cooled slice the top off and scoop the potato into a small bowl and mix all ingredients except for **blueberries** and **pecans**
- Carefully spoon all mixed ingredients back into shell and reheat until warmed ,about 10 minutes
- While sweet potato is reheating toast pecans in dry saute pan until fragrant and set aside
- Heat Wild Blueberries in sauce pan until warm
- Serve sweet potato topped with Wild Blueberries and Pecans, if desired drizzle with maple syrup