

hello **MAY**



When purchasing milk through mobile delivery companies such as Instacart, centers are encouraged to ensure milk orders are fulfilled. If milk is substituted for other milk types or correct quantities are not purchased, centers will not be credited for milk "ordered" but only milk "fulfilled".



*Coming Soon: GNSI Cooking Series*

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Gnsi4all



Georgia Nutritional Services, Inc

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Cinco De Mayo Recipes](#)



May  
Motivational Moment

**KINDNESS**

Give it away.  
It will come  
back to you.





# Harvest of the Month™



## Blueberries

**Did you know that there are two main types of blueberries grown in Georgia, Southern Highbush and Rabbiteye?**

### **SOUTHERN HIGHBUSH**

Ripen and are harvested in April/May

Require high-organic matter soil  
10-15 year plant lifespan

Blooms in February/early March  
Hand-picked because the fruit is more delicate.

### **RABBITEYE**

Ripen and are harvested from late May to late July

Require lower-organic matter soil  
30-50 years plant lifespan

Blooms early to late March  
Can often be harvested by machines.

Blueberries may be small, but they are packed with nutrition! This sweet and delicious fruit makes a great snack or addition to recipes. Purchase local blueberries in season and freeze for use year-round.

### **USES AND TIPS**

Select blueberries that are firm, plump, with a dusty blue color. Avoid soft, shriveled fruit with signs of mold. Refrigerate and use within 10-14 days. Wash when ready to use. Blueberries are great on cold and hot cereals, or added to pancakes, waffles and muffins. Add blueberries to a green salad with strawberries and a light vinaigrette. Try blueberries in a yogurt parfait or smoothie.



# Sheet Pan Blueberry Pancakes

Feeding a big bunch? Let us introduce you to our Sheet Pan Blueberry Pancakes – the new easiest way to crank out a big order of ‘cakes, without compromising on taste. Serve with maple syrup following a few moments of cooling. Sweet, sweet breakfast victory.

## Preparation:

1. Preheat oven to 425° F. Grease 13- x 9-inch baking sheet with 2 tbsp oil; set aside.
2. In large bowl, whisk together flour, sugar, baking powder, baking soda and salt.
3. In separate bowl, whisk together buttermilk, eggs and lemon zest; stir in remaining oil. Whisk buttermilk mixture into flour mixture just until combined (do not overmix; a few lumps are OK). Let stand for 10 minutes.
4. Pour batter into prepared pan. Sprinkle 1 cup blueberries over top; bake for 10 to 12 minutes or until toothpick inserted in center comes out clean. Cut and serve pancakes with remaining blueberries and maple syrup.

## Ingredients:

- 1/4 cup canola oil, divided
- 1 1/2 cups all-purpose flour
- 2 tbsp granulated sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 1/3 cups buttermilk
- 2 eggs
- 1 tsp lemon zest
- 2 cups fresh blueberries, divided
- Maple syrup