

March 2010

Special Issue:  
**All about Blueberries**

- VDF's extensive offerings
- Nutrition and Health Benefits
- Processing Options
- Picking Season/Varieties
- Products List
- Fun Facts

# Natural Notes

A newsletter containing information for and about the food ingredient industry from Van Drunen Farms

## Fresh Perspective: **Blueberries Are Our Specialty**

Van Drunen Farms is a primary producer of dried blueberry ingredients for the food industry. We offer an extensive line of cultivated, wild and organic products for sale to companies making snacks, breakfast cereals, bars, cookies, candies and baked goods.

Our experienced sales staff will help you find a blueberry ingredient to fit your application needs.

- Here are a few VDF blueberry facts:
- Approximately 4,000,000 lbs. of blueberries are processed by VDF annually.

- About 1/2 of our production is from cultivated varieties and 1/2 from wild blueberries—this changes year to year based on supply conditions and customer demands.
- We produce and stock over 40 standard products.
- Our R&D department is continually working with customers to produce sizes, flavors and formulas to meet specific application requirements.

### Blueberry Nutrition and Health Benefits

The blueberry is small but mighty when it comes to nutrition and health benefits. These tasty little super fruits offer a sweet and tangy flavor, are a good source of fiber and are high in antioxidants. The blueberry is one of the healthiest fruits you can eat.

Blueberries have long been known as America's #1 source of antioxidants. They contain more antioxidants than most other fruits or vegetables and may help prevent damage caused by cancer, heart disease and Alzheimer's.

Blueberries are an excellent source of vitamin C also—a serving contains about 14 mg or 24% of the daily requirement for vitamin C. Vitamin C is needed for the formation of collagen and to maintain healthy gums and capillaries. It also aids in the absorption of iron and promotes a healthy immune system. Blueberries also contain vitamin A, zinc, potassium, iron, calcium, and magnesium, and are naturally low in fat, calories and sodium. Anthocyanin present in blueberries too is also good for eyesight.

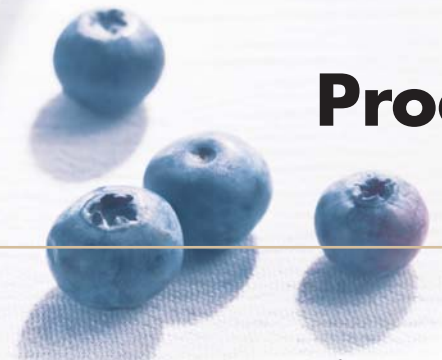
Blueberries are a good source of dietary fiber. A diet high in fiber contributes to heart health, helping to keep cholesterol in check. Fiber also aids in digestion and helps maintain regularity.

Here's a list of many of the health benefits that have come to be known from eating blueberries:

- Supports healthier aging
- Promotes healthy memory and learning
- Supports healthy cholesterol
- Promotes healthy vision
- Helps maintain healthy brain function
- Supports healthy urinary tract function
- Promotes maintenance of healthy weight
- Supports healthy sleep
- Helps maintain healthy bones

Source of list: [www.simply-blueberries.com](http://www.simply-blueberries.com)

Blueberry Applications	Low Moisture		
	Drum-dried		
	Freeze-dried		
Granola	•	•	•
Breakfast cereal	•	•	•
Pancake mix	•	•	•
Bakery mix	•	•	•
Oatmeal	•	•	•
Tea	•	•	•
Confections	•	•	•
Nutrition supplements	•	•	•
Backpacking snacks	•	•	•
Drink mixes	•	•	•
Muffins	•	•	•
Energy bars	•	•	•
Bagels	•	•	•
Yogurt	•	•	•
Cookies	•	•	•
Chocolates	•	•	•
Pet food	•	•	•



# Processing Options

## Freeze-dried blueberries

When blueberries are *freeze-dried*, they are first carefully selected for quality and then the fresh berries are frozen. Next, they are placed in a refrigerated vacuum system, without thawing, and are dehydrated. During the freeze-drying process, the cell structure of the berries remains intact. The process preserves all of the nutritional value of the blueberries, as well as the color, fresh flavor and piece identity, better than other drying methods. Just a brief soaking in water brings them back to nearly their original shape, ready to use just like fresh berries.

*Freeze-dried Blueberries* are available in whole, diced, sliced, or powder form.

*Freeze-dried Blueberry Advantages:*

- Fresh fruit flavor
- Piece identity
- Retains nutritional value

## Drum-dried blueberries

For *drum-drying* quality, fresh raw blueberries are pureéd and then dried at relatively low temperatures over two rotating, high-capacity drums that

produce sheets of drum-dried product. The resulting blueberry product is milled into a finished flake or powder form. The drum-drying process retains much of the fresh flavor, color and nutritional value of the blueberry and is an economical way to add a natural blueberry flavor to your food products.

*Drum-dried blueberries* are available in flake and powder form.

*Drum-dried Blueberry Advantages:*

- Fresh flavor
- No piece identity
- More economical price

## Low-moisture blueberries

*Low-moisture Infused Blueberries* have had the moisture of the frozen blueberries slowly replaced with sugar or other natural sweeteners. The result is sweet, moist, shelf-stable blueberries that have retained their color and piece identity. As an ingredient label alternative, VDF now offers Low-moisture Infused Blueberries sweetened with cane sugar that provide the same great flavor and quality attributes of the standard fructose-infused blueberries.

*Low-moisture Infused Blueberries* from VDF are available in the following options:

**High Fructose Corn Syrup:** an economical sweetener with a proven track record for safety and marketplace success.

**Invert Sugar:** a popular sweetener alternative derived from real cane sugar.

**Juicy:** high moisture blueberries, with 30-40% moisture are an economic option for using infused blueberries. Also useful when natural blueberry color streaks are desired in the application.

**Coated:** oat flour or blueberry powder coated onto infused blueberries offer great flow-ability and a natural barrier to prevent moisture migration.





*Low-moisture Infused Blueberries* are available year-round in whole berry format, *wild* or *cultivated*. Customization is available.

*Low-moisture Infused Blueberry Advantages:*

- Real fruit ingredient
- Piece identity
- Shelf-stable
- Low water activity
- Easy to handle

# Blueberry Picking Season

States	APR	MAY	JUN	JUL	AUG	SEP	Varieties
Maine and Nova Scotia (Wilds)							N/A
Michigan (Cultivated)							Jersey, Bluecrop, Duke
North Carolina (Cultivated)							Brightwell
Northwest (Cultivated)							Bluecrop

Product	Processing	Code
259	Freeze-dried	-40 powder
85.3		-20 powder
A01		-20 powder 
85		1/8" diced
J9		1/4" diced (cultivated)
85.2		3/8" diced
J10		3/8" diced (cultivated)
428		-3/8" sliced
311		whole (wild)
433.1		whole (wild) 
D58.2		whole (cultivated)
D58.4		whole (cultivated) 
939.9	Drum-dried	-40 powder
A50.3		-40 powder, w/rice flour
939.6		-20 powder, enhanced
939.4		-4 powder, enhanced
H8		-16 flake
A14		-8 flake 
629	Low-moisture	whole (wild)
A62.1		whole (wild), naturally infused
C95		whole (wild), w/oat flour
629.8		whole (wild), juicy
D12		whole (cultivated)
D12.6		whole (cultivated), invert sugar
D12.7		whole (cultivated), w/oat flour
D12.2		whole (cultivated), juicy



## FUN FACTS

- Ninety percent of the world's blueberry production comes from the United States.  
Source: [www.fruitandveggieguru.com](http://www.fruitandveggieguru.com)
- Native Americans once called blueberries "star berries," referring to the five-point star shaped blueberry blossoms.
- America's favorite muffin is blueberry.
- Blueberries are one of the only natural foods that are truly blue in color.
- The annual harvest of North American blueberries would cover a four lane highway from Chicago to New York, if spread out in a single layer.  
Source: [www.2020site.org/fun-facts/blueberry-fun-facts](http://www.2020site.org/fun-facts/blueberry-fun-facts)

 Organic product

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**Longhorn IFT  
Suppliers Night Expo**  
April 1, 2010  
Frisco, TX

**Pet Food Forum**  
April 12-14, 2010  
Chicago, IL  
Booth #205

**Great Lakes IFT  
Suppliers Night Expo**  
April 27, 2010  
Battle Creek, MI

**IFT**  
July 17-21, 2010  
Chicago, IL  
Booth #6838

**IBIE**  
Sept 26-29, 2010  
Las Vegas, NV  
Booth #9307

**Chicago IFT  
Suppliers Night Expo**  
Nov 10, 2010  
Rosemont, IL

### In The Light

*<sup>10</sup> And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God.*

*- Colossians 1:10*

*Here's your new issue of Natural Notes!*

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*Vandrunen Farms*

