



RED WHITE & BLUEBERRY

RED, WHITE AND BLUEBERRY POUND CAKE

1 package (10-3/4 ounces) frozen pound cake
Raspberry-Orange Sauce (recipe follows)
1 container (8-ounces) whipped cream cheese
3 tablespoons powdered Pioneer sugar
2 tablespoons orange juice
1-1/2 cups fresh Michigan blueberries, divided
1 cup sliced fresh strawberries

Slice frozen pound cake lengthwise in three layers; arrange in a single layer on a cookie sheet with top layer cut side up. Pierce layers with fork tines. Spread each with 2 tablespoons of the Raspberry-Orange Sauce; let stand 10 to 15 minutes so that the cake absorbs the sauce. Meanwhile, in a bowl stir together cream cheese, sugar and orange juice until well blended. To assemble cake: Place bottom layer on a serving plate; spread evenly with a third of the cream cheese mixture. Arrange a third of the blueberries evenly over cream cheese. Drizzle about 1 tablespoon Raspberry-Orange Sauce over blueberries. Repeat with center slice of cake. Place top layer cut side down; spread with remaining cream cheese mixture. Decorate cake to resemble an American flag using remaining blueberries and the strawberries. Serve with remaining Raspberry-Orange Sauce. Yield: 6 to 8 portions

Raspberry-Orange Sauce: Stir together until smooth 3/4 cup seedless raspberry jam and 6 tablespoons orange juice. Yield: about 1 cup

Buy Michigan blueberries this summer. It's good for you and the economy!

By supporting local farmers today, you can help ensure that there will be farms in our communities tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food. Buying your fruits and vegetables from farms within Michigan helps circulate revenues throughout our state and benefits everyone.

Food grown within the state is available at the market within a day or two. It's crisp, sweet and loaded with flavor. A recent study showed that fresh produce loses nutrients quickly. "Fresh picked" is actually more nutritious than some "fresh" produce that has been on the truck or supermarket shelf for a week.

Blueberries are so healthy. They're low in fat, sodium free and a good source of both fiber and vitamin C. In fact, a one cup serving of fresh blueberries will give you five grams of fiber - more than most fruits and vegetables.

They also provide 15% of your daily vitamin C at a cost of only 80 calories.

Researchers at the USDA Human Nutrition Center have ranked blueberries #1 in antioxidants activity when compared to 40 other fresh fruits and vegetables. Blueberries may reduce the build up of so called "bad" cholesterol that contributes to cardiovascular disease and stroke. Additionally blueberries help promote urinary tract health and can help improve eyesight.

So enjoy eating luscious Michigan blueberries. It's just the neighborly thing to do.

