

# FOOD

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## DRINK

# Blueberry: Our cup of tea

Move over, pomegranate. Say hello to blueberry, the latest taste sensation. The fruit of summer '04, blueberry rides high after recent USDA studies found that the juicy fruit may provide a wide array of potential health benefits. You can get a double dose of goodness with R.W. Knudsen Family's just-introduced organic Blueberry Nectar.

Or savor the flavor with Inko's Blueberry White Tea. "After testing about a dozen or so other flavors, we found these to mesh best with the delicate, natural sweetness of white tea," says company spokesperson Alex Reist, referring to the two new flavors, blueberry and honeydew.

The two new sips are ever so delicately sweetened with fructose crystals, exquisite with subtle fruity essence. (Be forewarned, if you are a fan of strong, Southern sweet tea, Inko's may seem a bit weak.) A glance at the label stuns. Two servings per bottle — that's a normal marketing ploy. We consumers know it's really a thirst quencher for one. But the calorie count — a mere 28 per serving or 56 per bottle. Mmmmm, tastes even better.

If it's the real berry you crave, check out the Slow Food Houston Blueberry Bash 2-5 p.m. Sunday at Divino restaurant, 1830 W. Alabama at Woodhead. Local foodies will be paying homage to the true blue fruit, with chefs creating blueberry-studded dishes for all who pay the \$15 to attend.

Forage for your own at Pick-a-Peck Farms and Nursery, 37734 Brumlow Road, Hempstead, 979-826-8163, or Moorhead's Blueberry Farm, 19531 Moorhead Road, Conroe, 281-572-1265 or 888-702-0622.

— J.S.

- Inko's Blueberry and Honeydew White Tea
- Central Market