

summer

paupack blueberry farm

By Allison Mowatt

Dick Your Own Paupack Blueberry Farm

We have a fruit that can be grown right in our own backyards that is high in antioxidants, is as sweet as can be, and is one of the summer favorites. It is the well-known blueberry, and the plump, round fruit is as versatile as it is delicious. They are perfect in ice cream, pies, jams, milkshakes, juice, muffins, coffee cakes, pancakes, and can even give your cereal a sweet, juicy kick! They also make a great snack if you just want to eat them by themselves or pour some cream on them for a decadent dessert!

For fresh, pick your own blueberries, head on over to the Paupack Blueberry Farm! It is owned and operated by the Coutts family and is located on Gumbletown Road near Tafton and Lake Wallenpaupack. Picking your own blueberries at the Paupack Blueberry Farm is a fun, unique experience that people of all ages can enjoy and will be a memory that is cherished forever. For years, local residents and tourists alike have been making visits to the blueberry farm an annual event. “We see generations of families who keep coming back year after year, and it is a fun day out for the entire family,” said Shirley Coutts.

In 1964, Donald and Shirley Coutts purchased about forty-one acres of land that included the three blueberry fields presently under cultivation. The fields currently contain about twenty-five varieties of high bush blueberries including Jersey, Rubel, Stanley, Atlantic, Dixie, Bluejay, Paupacken, and Concord. New bushes are put in every year to keep up with the high demand of the popular blueberries. They all ripen at different stages throughout the season, and they all serve their purpose—some are good for baking, some are best in jams, some are recommended for freezing, and others are good just to pop in your mouth for a snack.

In addition to the fields, the Paupack Blueberry Farm has a gift store that features all kinds of homemade baked goods, such as pies, cakes, and muffins. The store also features homemade Mannings Ice Cream in many flavors, including blueberry, and also sells jams, jellies, local honey, syrups, pancake mix, fresh produce, clothing, Coutts’ famous relish, chocolate covered blueberries, and many blueberry related gifts such as scented candles, room spray, and stationary. A newer feature at the store is the Calkins Cheeses, which is farmstead artisan cheese from one of the Upper Delaware River Valley’s oldest family farms. In addition, the Paupack Blueberry Farm also has a small nursery with blueberry bushes that are available for sale. You can also purchase fresh blueberries by the pint or frozen blueberries available in 12 ounce bags or 10 pound boxes.

People love blueberries, but many are not aware of how healthy these quaint berries are for us. They are high in antioxidants and play a role in reducing the risk of various illnesses including some cancers and also prevent urinary tract infections. They can also lower blood cholesterol and are a good source of fiber. The antioxidants found in blueberries help protect the body against damaging effects of free radicals and chronic diseases that are associated with aging. Who would have thought that such a small berry that is so delicious could contain so many health benefits?

The Paupack Blueberry Farm has about twenty-five acres of blueberries that will be ready for picking approximately around July 24th. The season ends by late summer so make sure to visit the fields while the small blue gems are in their prime. The gift shop is now open for business.

Call (570) 226-9702 or visit www.paupackblueberryfarm.com for more information about this charming blueberry farm and gift shop.

Other Local Places to Pick Fruit:

Pallman Farms, 1511 Summit Lake Road, Clarks Summit- Pallman Farms offers pick your own strawberries at an affordable price. They also have fresh poultry available for the holidays. Call (570) 587-3258 for more information.

Gould’s Produce and Farm Market, Frable Road, Brodheads- This is a family run farm and retail outlet that grows seasonal fruits and vegetables. They are currently offering pick your own strawberries. Gould’s also has cut your own Christmas trees in the winter. Call (570) 992-5615 for more information.

Filchner’s Plants and Produce, 548 Monocacy Drive, Bath- Filchner’s has been a family operated business since 1987 and is a popular place to pick your own strawberries. Filchner’s offers seasonal items such as sweet corn, small fruits and vegetables, mums, pumpkins, annuals, perennials, and much more. Call (610) 837-9582 for more information.

Gulick Fruit Farm, 6317 Kaylor Road, Bangor- This is a family farm overlooking the Delaware River that offers pick your own cherries starting in late June and pick your own apples in the fall. Starting in mid July they have fresh picked sweet corn, juicy peaches, nectarines, and plums. Call (610) 498-3020 for more information.

Ritter’s Farm Market, 1459 Mt. Cobb Road, Lake Ariel- Ritter’s Farm Market is a family run business dating back to 1955. Ritter’s offers pick your own blueberries and strawberries at the Mount Cobb location on Route 348 and pick your own strawberries at the Hamlin location on Route 590. Call (570) 689-5151 to find out what else Ritter’s has to offer.