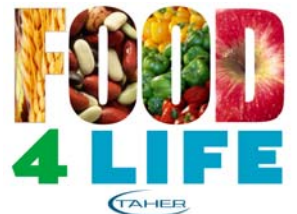




BLUEBERRIES

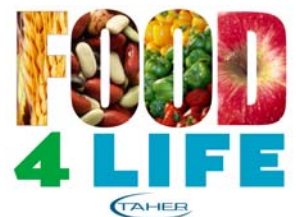
- ★ The blueberry is of the genus **Vaccinium**.
- ★ The blueberry is one of the few fruits **native** to North America.
- ★ Blueberries were gathered by native Americans for centuries from forests and bogs.
- ★ Parts of the blueberry plant were used as **medicine**.
- ★ Settlers from England arriving in the 17th century learned how to plant and harvest blueberries from the Indians.





BLUEBERRIES

- ☆ This plant **grows wild around the world**.
- ☆ Some berries are hand picked but the majority are **mechanically harvested** with a specially designed blueberry harvester.
- ☆ The world's leading producer of blueberries is North America accounting for **90%** of production.
- ☆ **Maine** is the blueberry production capital of North America.
- ☆ Harvesting of blueberries runs from **mid-April through October** with peak period in July.





BLUEBERRIES

- ☆ Blueberries contain **more antioxidants** than most other fruits or vegetables and may help prevent damage caused by cancer, heart disease, and Alzheimer's.
- ☆ Blueberries are **rich in vitamins**: A, B1, B2, C and B3 (niacin).
- ☆ They are naturally low in both fat and sodium.
- ☆ One cup of blueberries is about **100 calories**.
- ☆ For a burst of sweetness, add blueberries to cereal or yogurt.



Eat more BLUE! It's good for you! **4 LIFE**



BLUEBERRIES

- ★ Blueberries are one of the only natural foods that are **truly blue** in color.
- ★ Blueberries were picked by hand until Abijah Tabbutt of Maine invented a blueberry picking machine known as the **blueberry rake in 1822**.
- ★ American poet Robert Frost loved blueberries so much that he wrote a poem about them.
- ★ July is **National Blueberry Month** because that is the peak of the harvest season.



- ★ The **blueberry muffin** is Minnesota's official state muffin.

