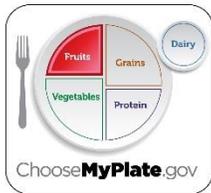


Blueberries



NUTRITION NOTES

- One cup of blueberries contains 84 calories, 3.6 grams of fiber and virtually no fat.
- Blueberries are a good source of **vitamin C** (*supports immune function*), **fiber** (*helps with digestion*) and **manganese** (*helps with formation of healthy bones*).
- Blueberries are an excellent source of antioxidants, which may help prevent damage to body cells.

Blueberries may be small but they are packed with nutrition! This sweet and delicious fruit makes a great snack or addition to recipes. Purchase local blueberries in season and freeze for use year-round.

USES AND TIPS

Select blueberries that are firm, plump, with a dusty blue color. Avoid soft, shriveled fruit with signs of mold. Refrigerate and use within 10-14 days. Wash when ready to use.

Blueberries are great on cold and hot cereals, or added to pancakes, waffles and muffins. Add blueberries to a green salad with strawberries and a light vinaigrette. Try blueberries in a yogurt parfait or smoothie.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Blueberries are native to North America.

Wild blueberries, also called lowbush blueberries, are smaller in size and grow in abundance in Maine.

The first commercial crop of blueberries was sold in New Jersey in 1916.

Blueberries were originally called “star berries” because the blossom end is shaped like a star with five points.

Blueberries contain anthocyanins, a phytochemical (plant compound) in the flavonoid group. Anthocyanins give blueberries their blue color and have antioxidant activity.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- The two main varieties of blueberries grown in Georgia are Southern Highbush and Rabbiteye.
- Georgia’s soil is perfect for growing blueberries, sandy and acidic.
- Blueberries are in season in Georgia from April through July.
- In 2014, Georgia ranked 1st in the nation in production of cultivated blueberries.
- Georgia’s blueberry capital is the city of Alma, in Bacon County.



Sources: 1. Georgia Blueberry Commission, <http://www.georgiablueberries.org/>. 2. U. S. Highbush Blueberry Council, <https://www.blueberrycouncil.org/>.

Georgia Department of Education School Nutrition Program

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