



Hey kids, become a FOOD EXPLORER and check this out!

Blueberries



Did you know...?

- Blueberries grow in clusters on bushes and are available to pick in Massachusetts in July and August. Other berries like raspberries, blackberries, and strawberries grow in clusters too!
- Blueberries are also called star berries.
- There are over 50 varieties of blueberries.
- Native Americans enjoyed blueberries year-round. They would dry them in the sun and use the blueberries in stews and soups. They would also serve them with meat during the winter.
- Blueberries are one of the only natural foods that are truly blue in color.



DELICIOUS AND NUTRITIOUS

Blueberries are a good source of vitamin C, fiber, and phytochemicals!

SUPER SNACK IDEAS

- Add blueberries to cereal for added fiber and flavor.
- Toss blueberries into a salad.
- Keep a bag of mixed berries in the freezer for smoothies.

BLUEBERRY HUMOR

What do you get when 354 blueberries try to go through the door at the same time?

A blueberry jam!