



Hey kids, become a **FOOD EXPLORER** and check out this Month's Discovery...

Blueberries



Did you know...?

- Blueberries grow in clusters on bushes and are available to pick in Massachusetts from July to 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 all year round. They would dry them in the sun and use the blueberries in stews, soups, and serve with meat during the winter.
- Blueberries are one of the only natural foods that are truly blue in color.

DELICIOUS AND NUTRITIOUS

A ½ cup of blueberries is 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!