



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!



Nutrition Education Program

For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights.

