

# — BLUEBERRIES —

## What are they?

- Blueberries are sweet, small round berries that are grown in small bunches on a bush.
- They have a purplish blue skin that is thin enough to be eaten.
- Blueberry bushes can grow up to 12 feet tall.
- Their flavors can range from mildly sweet to tart and tangy, and their colors can vary from many subtle shades of blue to maroon to very dark purple.
- Choose blueberries that are firm and have a lively, uniform hue colored with a whitish bloom. Shake the container, noticing whether the berries have the tendency to move freely; if they do not, this may indicate that they are soft and damaged or moldy.



## When are they available?

- Harvested in Wisconsin mid-July through August. Local blueberries can be bought frozen almost all year round.

## What's so cool about them?

- From 1994 to 2003, blueberry consumption increased by 1.6 times
- Blueberries are the second most popular berry in the U.S.
- Blueberries are a native fruit to North America. 95% of all the blueberries grown in the world come from North America.
- Native Americans used blueberries for more than food, they also used them to make medicines and dye their clothes.



## Why should I eat them?

- Blueberries are one of the most nutrient-dense foods in the world and contain large levels and a broad range of antioxidants. Antioxidants help reverse damage done by toxins and free radicals and help your body defend itself against illness.

