

Blueberries



Nutrition:

- **Blueberries are filled with antioxidants, which help protect your body from cancer, heart disease, and premature aging.**

Did you know?

- **The Native Americans were the first to incorporate berries into their diets.**
- **Michigan and New Jersey produce 2/3 of all blueberries in the United States.**
- **Blueberries were once called “star berries” because of the star shaped crown on the berry.**
- **Early American colonists made grey paint by boiling blueberries in milk.**

More:

- **Pick berries that are firm and dry. Blueberries should have a white sheen called a “bloom.”**
- **Keep berries in the fridge until you eat them. Wash them right before you eat otherwise they might get moldy.**
- **Berries can be eaten raw as a snack, added to salads, put on top of waffles and pancakes, or sprinkled on top of cereal. Berries are a great sweet treat instead of candy.**

Be a Student Detective:

Can you name other fruits and vegetable that are a blue/purple color?