



Blueberry



The blueberry may be small, but it's no youngster. Scientists estimate blueberries have been growing for more than 13,000 years! Blueberries are native to North America and have deep roots in our country's history. When Europeans arrived on the continent, the Native Americans were already enjoying blueberries in many ways. They dried blueberries in the sun and added them whole to soups and stews, and crushed them into a powder that they rubbed into meat to help as a preservative. According to legend, Native Americans gave blueberries to the pilgrims to help them make it through their first winter.

The Native Americans were just as energized by blueberries as people are today, and developed folklore around the little blue fruit. Tribal elders recounted how the Great Spirit sent "star berries" to ease the children's hunger during a famine. They called blueberries "star berries" because the blossom end of each berry—the calyx—forms a five-pointed star!



For an easy warm-weather snack, freeze fresh blueberries in a plastic baggie, then enjoy them by the handful to beat the heat!



One half-cup of blueberries contains just 40 calories and are a good source of vitamin C and vitamin K. Blueberries can be eaten fresh, frozen, canned, or dried and are used in a wide range of foods including smoothies, with yogurt, pastries and muffins, cereals and grain bars.

