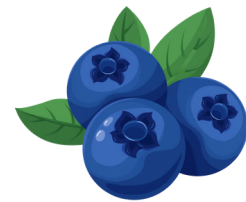


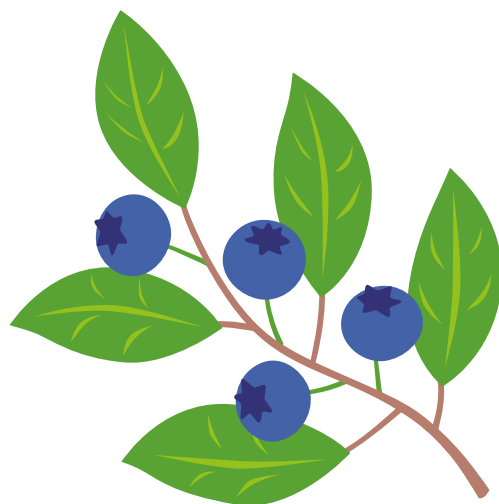


BLUEBERRIES



Did you know?

Blueberries are one of the only fruits that are naturally blue!



Vocabulary

Bush - the woody plant that blueberries grow on.

Bloom - the white or light-blue coating on fresh blueberries that helps protect the fruit

Harvest - the time when ripe crops are picked.

Farm Facts

- Blueberries grow on bushes.
- Blueberry bushes can produce fruit for many years.
- They need bees to help pollinate their flowers.
- Blueberries are picked by hand or with special equipment.

Nutrition

- High in Vitamin C
- Good source of fiber
- Naturally sweet and low in calories

Vermont Facts

- Vermont has many small berry farms
- Strawberry season is typically June through July



BLUEBERRIES



How it's Grown

Plant type: Perennial shrub

Growing Season: Spring through summer

Harvest Season in Vermont: July through August

Sunlight Needs: Full sun (6-8 hours daily)

Soil: Acidic, well-drained soil

Pollination: Bees and other pollinators help blueberry flowers produce fruit

Harvest Method: Picked by hand or with special equipment

Uses

- Fresh and dried snacks
- Muffins
- Pancakes
- Pies and Cobblers
- Smoothies
- Yogurt
- Ice Cream
- Jam and Jelly
- Syrup
- Juice

Nutritional Facts (per 1 cup)

- About 85 calories
- Excellent source of Vitamin C
- Good source of Vitamin K
- High in fiber
- Rich in antioxidants that help protect your body's cells
- Naturally fat-free and cholesterol-free

Vermont Agriculture

Blueberries are grown on farms throughout Vermont and are a favorite crop for both farmers and visitors.

Many Vermont farms offer pick-your-own blueberries, fresh berries, frozen berries, blueberry jam, blueberry syrup, fresh baked goods and agritourism events.

Buying local blueberries supports Vermont farm families and the state's agricultural economy.

