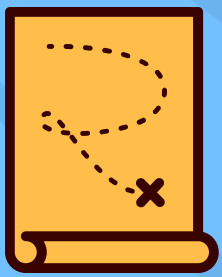




## FUN FACTS ABOUT

# BLUEBERRIES



### HISTORY

Blueberries are native to North America, Scandinavia and some of Asia. North America is actually the #1 producer of blueberries!



### NUTRITION

Blueberries are nutrient-rich and have vitamin C, vitamin K, fiber, iron and manganese.



### FACT #1

The juice from blueberries can be used to dye clothing!



### FACT #2

Blueberries grow on bushes, which can be small or as tall as 10 feet high.



### FACT #3

According to the Ohio Harvest Calendar, blueberry season is mid-June to the end of August. Blueberry picking can be a fun summer activity that gets you active outside - and you can pick your own snacks!



### WAYS TO EAT

Blueberries can be rinsed and eaten, added to cereal, smoothies, yogurt and even salads!

#### INFORMATION FROM:

[HTTP://WWW.NUTRITIOUSFRUIT.COM/BLUEBERRIES.HTML](http://www.nutritiousfruit.com/blueberries.html)

[HTTP://WWW.PICKYOUROWN.ORG/OHHARVESTCALENDAR.HTM](http://www.pickyourown.org/ohharvestcalendar.htm)