

Blueberries



Blueberry Facts

- Over 200 million pounds of blueberries are produced each year in North America.
- Blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable.
- The blueberry is the second most popular berry in the United States with strawberry coming out on top.
- Native Americans once called them "star berries," because the five points of blueberry blossoms make a star shape.
- There are two varieties of blueberries; cultivated, and wild. Wild blueberries are much smaller than the cultivated ones that we commonly eat fresh. The wild ones are usually sold in cans or frozen and have a chewy, stronger flavor.
- The pale, powder-like protective coating on the skin of blueberries is called "bloom."
- It takes approximately 1,600 wild blueberries to make a pound and 500 cultivated blueberries to make the same pound.
- Blueberries are one of the only natural foods that are truly blue in color.
- Blueberries are also available dried. Dried blueberries make a great healthy snack! They can be used in recipes, just as you would use raisins.
- Blueberries can be frozen in a flat layer in pans and then transferred to airtight containers so you can enjoy them all winter long.
- If you dust fresh blueberries with flour, just before you add them to a batter, they will not sink to the bottom of baked goods.
- New Jersey ranks 5th in the nation in blueberry production.

