

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Bountiful Blueberries

HOW DOES IT GROW:

Check out this [video](#) on how blueberries grow!

FUN FACT:

Native Americans once called them "star berries," because the five points of blueberry blossoms make a star shape.

RECIPES:



Cool Food Bowl

- Blueberry Yogurt Roll Ups
- Oatmeal Muffin Squares
- Blueberry Snowballs
 - Jersey Tastes! Classroom Tasting & Activity
- Blu-Nana Smoothie
 - Jersey Tastes! Cooking Series



Indicates plant-based, center of the plate meal

ALL ABOUT NEW JERSEY!

New Jersey's state fruit is the blueberry and it ranks 5th in the nation in blueberry production. Blueberries are in season during the summer months June & July.

They are largely grown in the south Jersey Pine Barrens because the blueberry plants like the acidic, sandy soil there.

ACTIVITIES:



NJ Climate Change Standards & Connections to Agricultural Literacy

Pre-K:

- Blueberries for Sal

1st - 2nd:

- Fruits of Our Labor

Upper Elem 3-5 :

- Article - How NJ Saved Civilization by Taming Blueberries

Middle:

- Article - The Blueberry Turns 100, Forms of blueberries and Recipe Flavor Pairings

HS:

- Article - How NJ Tamed the Wild Blueberry for Global Production

Check out the activity video:

BLUEBERRY COMPARE AND CONTRAST

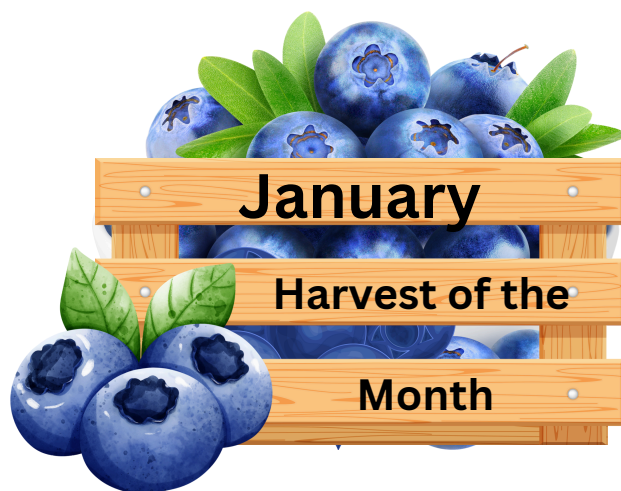
NUTRITION FACT:

Blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable.

MADE IN COLLABORATION WITH:



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flower bud



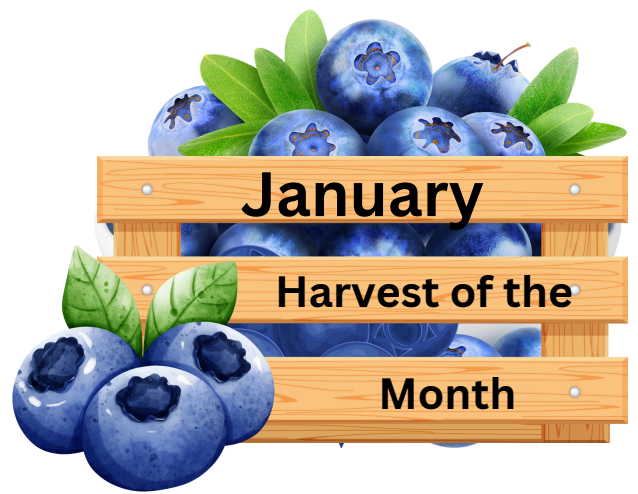
full bloom



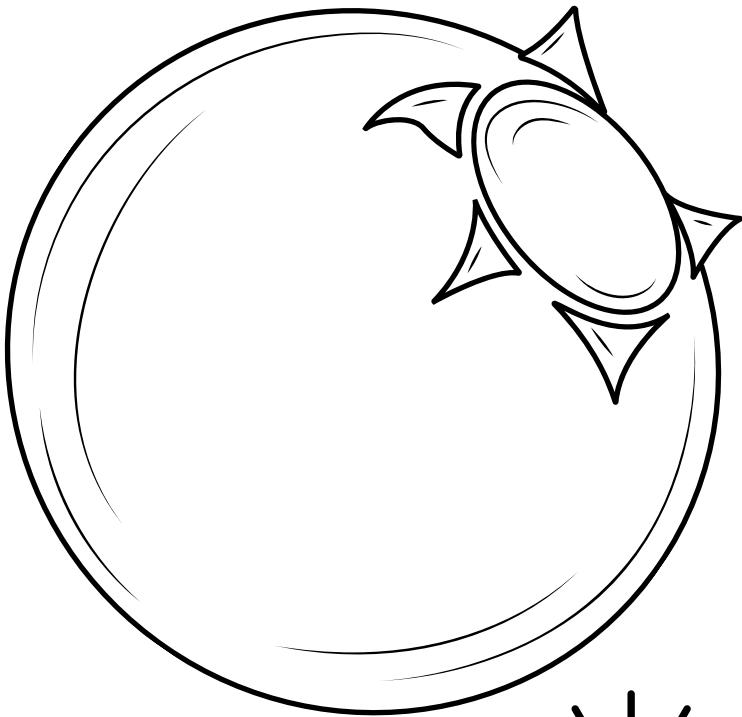
green



ripe

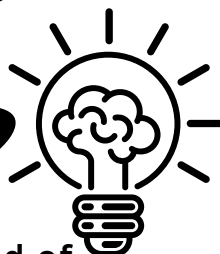


Blueberry



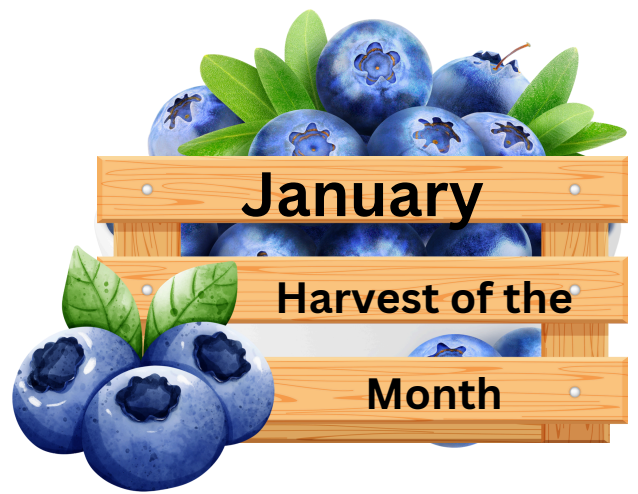
DID YOU KNOW?

The blossom end of a blueberry has a five-pointed star shape, which is why indigenous people called them "star fruits"



INTERESTING FACT





$$1 + 1 = \underline{\quad}$$

$$4 + 1 = \underline{\quad}$$

$$3 + 1 = \underline{\quad}$$

$$2 + 1 = \underline{\quad}$$