

Blueberries



- Blueberries are small round berries that grow on bushes. They are one of the only foods that is naturally blue!
- They have a thin dark blue skin on the outside and a sweet-tart flesh on the inside.
- Blueberries are native to North America and the United States is the greatest producer of blueberries in the world.
- People have been eating blueberries for 13,000 years!
- Blueberries' peak ripeness runs from June-August, however, Florida blueberries are the ripest during March and April.
- Blueberries are known as a “superfood” and are very good for you!



[Click for a fun video about blueberries!](#)

OKCPS School Nutrition Services

