



# **FARM-TO-TRAY**

## **MARCH'S FRUIT OF THE MONTH**

*Blueberries*

**GROWN BY: BLUEBERRY BILL**

### **DIETITIAN'S CORNER:**

**BLUEBERRIES CONTAIN PHYTONUTRIENTS CALLED POLYPHENOLS. THIS GROUP INCLUDES ANTHOCYANINS, PLANT COMPOUNDS THAT GIVES BLUEBERRIES THEIR BEAUTIFUL BLUE COLOR. RESEARCH SHOWS THAT POLYPHENOLS MAY HELP LESSEN THE INFLAMMATORY PROCESS.**