

BLUEBERRIES



TASTE OF TEXAS 23-24 Harvest of the Month Club



Spotlight Item for May!

HARVEST OF THE MONTH
MAY



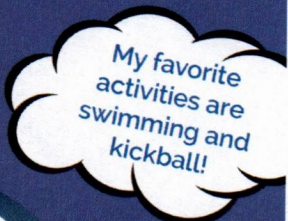
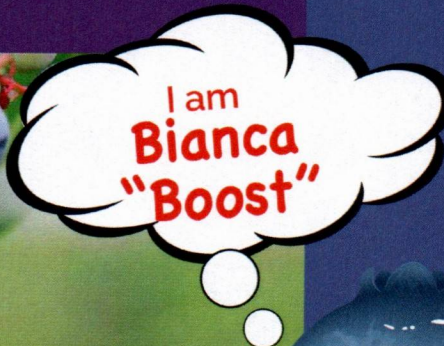
Fun Facts

- Blueberries grow on a bush and can become up to 12 feet tall.
- A blueberry turns red-purple when cooked.
- Blueberries are good for making jam, pie, pancakes, muffins, and many other foods.

Joke of the Month

Q. What do you call it when a group of blueberries play musical instruments?

A. A jam session!



Food and Nutrition Division
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TEXAS DEPARTMENT OF AGRICULTURE
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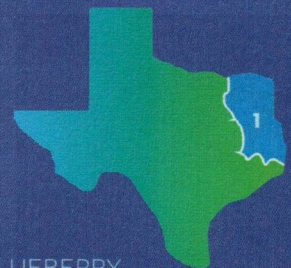
Blueberries are plump, juicy and sweet. They grow together on bushes in small clusters or groups. Each one is round and usually no larger than a marble. They are pale greenish at first, then turn reddish purple, and then dark blue when ready to eat. The darker their color, the sweeter they taste. Blueberries go great in everything from muffins to desserts. You may even find them on your breakfast cereal or in pancakes. Blueberries can ripen any time between May and August.

DID YOU KNOW?

A one-cup serving of blueberries has only 80 calories and almost no fat. One serving gives you 25 percent of the Vitamin C needed for the day.

FUN FACT

Every year, almost 20,000 people come to the Annual Texas Blueberry Festival in Nacogdoches, Texas.



BLUEBERRY GROWING REGIONS

1. East Texas



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