



VEGETABLE OF THE MONTH

BLUEBERRIES

HISTORY

- Wild blueberries were first grown in North America 13,000 years ago
- Blueberries were first grown and sold for the first time in stores in 1916.

FUN FACTS

- July is national blueberry month
- The heaviest blueberry was grown in September 2020, and weighed 0.57 oz.!

GROWING AND STORING

- Blueberries are grown on bushes that are planted in long rows.
- Store blueberries in the refrigerator for up to one week.

WAYS TO EAT

- Blueberries can be added to yogurt, smoothies, and cereal.
- Blueberries can be used to make pastries and desserts like blueberry pancakes, muffins, or cheesecake.

HEALTH CONNECTION

- Blueberries are filled with vitamin C to protect us from germs.
- Blueberries have fiber to help our digestive system.



GREATER BATON ROUGE
FOOD BANK