

JERSEY TASTES! ACTIVITY SHEETS

Bountiful Blueberries

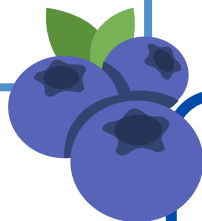


FUN FACT:

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

RECIPES:

Breakfast: [Blueberry Banana Oat Bars](#)
Lunch: [Blueberry Coconut Roll Ups](#)
Dinner: [Jersey Fresh Blueberry Pizza](#)



MADE IN COLLABORATION WITH:



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.

HOW DOES IT GROW:

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



ACTIVITIES:

Pre-K: [Blueberry Coloring Sheet](#) and [Blueberries for Sal Book](#), with lessons

Lower Elem K-2 : [Blueberry Puzzles](#)

Upper Elem 3-5 : [Berry Spinach Smoothie](#)

Middle: [Forms of blueberries](#) and [Recipe Flavor Pairings](#)

HS: [Article about Wild Blueberry Production in NJ](#) and [10 Great Recipes](#)

NUTRITION FACT:

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

