

JERSEY TASTES! ACTIVITY SHEETS

Bountiful Blueberries

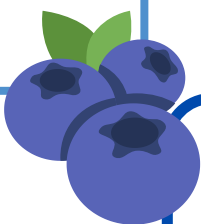


FUN FACT:

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

RECIPES:

Breakfast or Lunch: [Blueberry Yogurt Roll Ups](#)
Dinner: [Jersey Fresh Blueberry Pizza](#)
Fun: [Blu-Nana Smoothie](#)



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, 1-2: [Blueberries for Sal Book, with lesson plans](#)

Upper Elem 3-5 : [Article - How NJ Saved Civilization by Taming Blueberries](#)

Middle: [Article - The Blueberry Turns 100, Forms of blueberries and Recipe Flavor Pairings](#)

HS: [Article - How NJ Tamed the Wild Blueberry for Global Production](#)

NUTRITION FACT:

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



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