

Louisiana HARVEST *of the* MONTH

Blueberries

Fun Facts About Blueberries!

- The pale, powderlike protective coating on blueberry skin is called bloom.
- Blueberry plants thrive in acidic soil.
- The blueberry color comes from anthocyanin, a compound that helps reduce the risk of heart disease.

Blueberries Are Nutritious and Good for You!

- Good source of vitamin C.
- Good source of vitamin K.
- One-half cup is 43 calories.



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