

Fun Facts about

BLUEBERRIES

- Blueberries are low in calories and high in vitamin C and manganese, as well as polyphenols.
- Washington is the leading producer of organic blueberries.
- The silvery sheen found on the skin of blueberries is a naturally occurring compound that helps protect the fruit. This why you should only wash blueberries right before you're going to eat them.
- The blueberry is one of the only foods that is truly naturally blue in color. The pigment that gives blueberries their distinctive color—called anthocyanin—is the same compound that provides the blueberry's amazing health benefits.

