

# BLUEBERRIES



HARVEST OF THE MONTH  
MAY



**Blueberries** are plump, juicy and sweet. They grow together on bushes in small clusters or groups. Each one is round and usually no larger than a marble. They are pale greenish at first, then turn reddish purple, and then dark blue when ready to eat. The darker their color, the sweeter they taste. Blueberries go great in everything from muffins to desserts. You may even find them on your breakfast cereal or in pancakes. Blueberries can ripen any time between May and August.

## DID YOU KNOW?

A one-cup serving of blueberries has only 80 calories and almost no fat. One serving gives you 25 percent of the Vitamin C needed for the day.

## FUN FACT

Every year, almost 20,000 people come to the Annual Texas Blueberry Festival in Nacogdoches, Texas.



BLUEBERRY  
GROWING REGIONS

East Texas



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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