

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
- Oatmeal Muffin Squares

Fun:

- Blu-Nana Smoothie
- Jersey Tastes! Cooking Series:
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!

Check out the activity video:
BLUEBERRY COMPARE AND CONTRAST

ACTIVITIES:

Pre-K: Blueberries for Sal

1st - 2nd: Economics - Blueberries for Sal

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

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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