

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:

-  [Cool Food Bowl](#)
- [Blueberry Yogurt Roll Ups](#)
- [Oatmeal Muffin Squares](#)


Fun:

- Jersey Tastes! Classroom Tasting & Activity [Blueberry Snowballs](#)

• [Blu-Nana Smoothie](#)

Jersey Tastes! Cooking Series: [Blu-Nana Smoothie](#)



 Indicates plant-based, center of the plate meal

Check out the activity video:
**BLUEBERRY
COMPARE AND
CONTRAST**

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:



NJ Climate Change Standards & Connections to Agricultural Literacy

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](#)

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.

MADE IN COLLABORATION WITH:



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