

# Blueberries



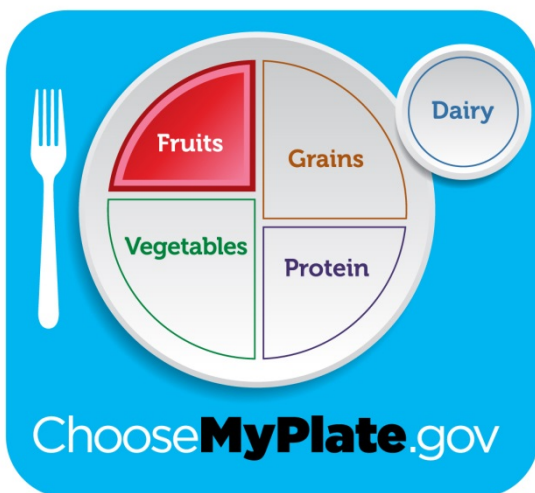
Blueberries are a sweet and juicy snack that is bite sized. You have probably had this fruit in muffins, but have you ever tried them fresh? Blueberries require only a quick rinse and they are ready to be eaten. You may find some very small seeds, but most are seedless.

**Fun Facts:** Blueberry have white, bell-shaped flowers. Honeybees sometimes “cheat” blueberry plants out of pollination benefits, by biting through the side of the flower to get to the nectar instead of reaching inside and pollinating the flower. Native bees are much better at



pollinating blueberries, so blueberry farmers are careful to protect native bees.

**Body Benefits:** Blueberries are high in Vitamin C, Manganese and fiber. One cup contains only 80 calories.



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