

Fresh Story: Blueberries

Get to Know Your Fruits and Vegetables

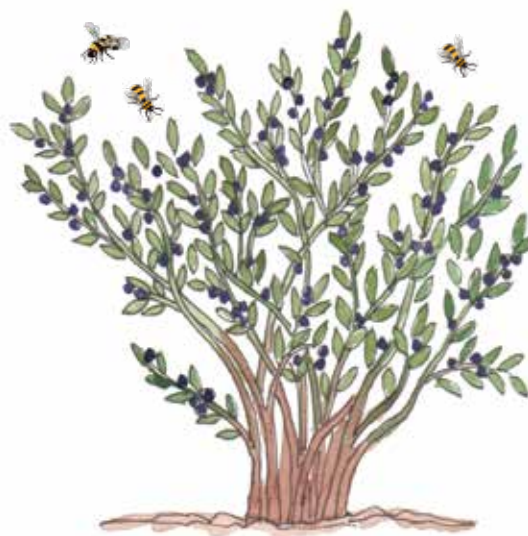
THE BLUES AND THE BEES....



Blueberries

Take a look at the berries in your hand. You know when you pop them in your mouth they will burst with sweet flavour, but did you also know that you were holding a SUPERFOOD? That's right, like other brightly coloured fruits, blueberries are called superfoods. In fact, they are the superheroes of superfoods. With high doses of vitamin C and B complex, Copper, Zinc, Iron and even fibre – they've got you covered. So eat your handful of blueberries to boost your immune system – to help keep away colds, fevers and other nasty sicknesses. They taste better than vitamins and medicine! Not only that, blueberries can boost your memory which will help you with your homework.

Blueberries are one of the few edible berries native to Canada (cherries are another one). They grow on bushes that produce new berries every summer. The blueberries you are snacking on today came from Northern Highbush plants. These plants are deciduous - they lose their leaves every fall. Some Highbush plants can keep producing berries for up to 30 years.



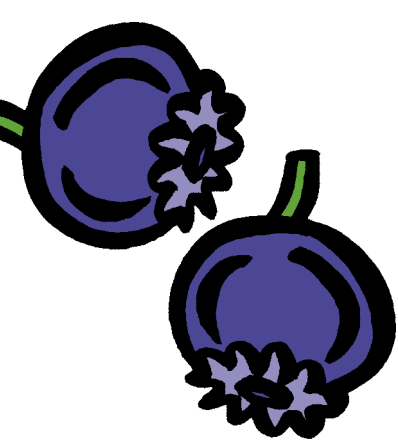
BC is Tops in Blues

BC is the second highest producer of blueberries in the world and produces 95% of the Canadian production of cultivated blueberries. 99% of BC blueberries are grown in the Fraser Valley region. Over 800 Fraser Valley farms grow and ship berries across Canada and all over the world.

Before you eat a blueberry, take a close look at each end. Can you see why blueberries were once called **star berries?**

WHY ARE BLUEBERRIES BLUE?

Blueberries are one of the 'true blue' foods. You may notice that your lips and teeth turn blue after you eat a lot of berries. That's because blueberries contain a pigment called anthocyanin (an-tho-sigh-a-nin) that makes them blue. It's what also makes them extra nutritious.



Blueberries are named for their colour. Can you name 3 other fruits or vegetables that are named for their colour?

1. _____ 2. _____
3. _____

We would all be Blue without Bees....

Thanks to honey bees and other flying insects we have food to eat. Did you know that 1/3 of the world's food depends on pollination by bees and other insects? That's right, much of the food we eat and the flowers we enjoy are a result of their hard work. While bees are star pollinators, others help out too. Some plants such as grains, trees and grasses even use the wind to pollinate.



What Can We Do for Bees?

Since bees are plants' best friends that makes them ours too! Let's put our heads together and come up with some ways we can help bees and help the plants. Here's a couple to get you started:

- ✓ Provide habitat for wild bees in your garden or on your balcony.
- ✓ Bees prefer native plants to non-native species so plant those in your garden first.



Cool Honey Bee Facts:

.4ml of honey = a life time of work for a bee

30ml of honey = fuel for a bee's flight around the world

.5kg of honey = 80,000 km of flight + 2,000,000 flowers