# Blueberry

## What am I?

Blueberries are a fruit native to North America with 95 percent of the world's blueberries coming from North America. They are naturally blue in color.

## How do I grow?

- Blueberries grow in clusters on bushes and do not ripen at the same time.
- They take 2-5 weeks to ripen and can be picked by hand.
- Blueberry season in Wisconsin is July and August.

## Nutrition Facts

Blueberries contain tons of nutrients and are especially rich in vitamin C, folate, and antioxidants. Antioxidants help prevent cancer and heart disease and protect brain health. They make for a great addition to pancakes, topped on yogurt, or tossed in a salad.

## Fun Facts

- Blueberries do not ripen after they have been picked.
- There are over 50 varieties of blueberries.
- July is Blueberry Month.

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