OREGON BLUEBERRIES

More species of blueberries are native to North America than any other continent.

Oregon, Maine, Michigan, New Jersey, and North Carolina grow the most blueberries in the United States.



Nutrients found in Blueberries

- ~ Blueberries are full of fiber, which helps with digestion.
- ~ One serving of blueberries is an excellent source of vitamin C, which promotes a healthy immune system.
- ~ Blueberries are an excellent source of vitamin K, which is important for maintaining healthy blood.

Blueberries and their smaller cousins, the huckleberries, were an important food to many Native American tribes. Here in the northwest, the Makah tribe ate fresh huckleberries with oil. They also sun or smoke dried the berries, mashed them, and pressed them into cakes!



Blueberries are a favorite you-pick crop, because they grow in large numbers on thornless bushes.



Blueberries are grown all over the Willamette Valley. In 2010, Oregon blueberry farmers harvested over 54.1 million pounds of blueberries!



strawberries!

In the United States, blueberries are

the second most popular berry after



This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNetat 211. USDA is an equal opportunity provider and employer. (c) 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veter ansstatus. Oregon State University Extension Service is an Equal Opportunity Employer.