



**OREGON  
DEPARTMENT OF  
AGRICULTURE**



## **INTRODUCING... OREGON BLUEBERRIES**

### **QUALITY, FRESHNESS, FLAVOR, AND SWEETNESS!**

Oregon blueberries earn a well-deserved reputation for consistent quality, making them a top commodity from this state. The merger between reputation and increased public awareness of their health benefits has bolstered demand across Oregon and around the world. Oregon growers have risen to the occasion – producing exponentially more blueberries in Oregon. These delicious blue gems are Oregon’s leading berry crop.

### **GROWN AND TESTED FOR QUALITY**

Oregon blueberry farmers grow and harvest their fruit to meet their customers’ requirements and expectations. Oregon blueberries are quality tested to maintain USDA Grade A or better fruit quality.

### **4 FACTS TO KNOW ABOUT OREGON BLUEBERRIES**

1. Total volume of blueberries harvested more than doubled from 75.7 million pounds (34,3 kilotonnes) in 2012 to an expected 165 million pounds (75 kilotonnes) in 2024.
2. Oregon blueberries are currently shipped to more than 20 countries. This is a reflection of the global esteem for Oregon’s high-quality crop.
3. There are approximately 320 blueberry growers in Oregon, with each farm averaging around 20 acres (8 hectares).
4. Between June and September, Oregon farmers harvest more than 20 varieties of blueberries. Each type has a unique flavor, size, and time period for harvesting.



Blueberries are considered a “superfood” because they are packed with vitamins, minerals, and antioxidants while also being low in calories.

## HEALTH BENEFITS OF OREGON BLUEBERRIES

BLUEBERRIES HELP YOU STAY HEALTHY, FRESH, ACTIVE, FIT, SHARP – AND IN A GOOD MOOD!

**IMMUNE SYSTEM** - Blueberries are high in antioxidants that boost the body’s own immune system.

**VISION** - Blueberries delay age-related vision loss. Carotenoids and flavonoids are essential for healthy eyes.

**AGING** - The pigment responsible for the blue color of blueberries helps counter disease and aging.

**BRAIN** - Diets rich in blueberries improve learning capacity, motor skills, and memory.

**HEART** - Blueberry juice dissolves “bad” cholesterol.

**CANCER** - Blueberries inhibit cancer cells from spreading.

**DIGESTION** - Fiber in blueberries improves digestion.

## BLUEBERRY USES

Long prized in desserts, blueberries are now added to many other drinks, snacks, and savory dishes for a boost of flavor, color, and overall healthy goodness.

Concentrates  
Protein Bowls  
Muffins  
Pancakes and Waffles  
Pies and Cakes  
Snack Bars and Trail Mixes  
Sandwiches and Wraps  
Baby Food  
Cookies  
Yogurt  
Salads  
Ice Cream  
Savory Sauces  
Bread  
Toppings and Pastry Fillings  
Parfaits  
Juice and Fruit Drinks  
Smoothies  
Cereals  
Jams and Preserves



### Learn More

There’s much more to learn (and recipes, too!) from:  
Oregon Blueberry Commission  
[oregonblueberry.com](https://oregonblueberry.com)

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### Agricultural Development & Marketing Program



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