

# 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!



In the United States, blueberries are the second most popular berry after strawberries!

