

# Harvest of the Month

Blueberries

Calories

84

Total Fat

0g

1  
cup

Sodium

1mg

Sugars

15g

## FUN FACTS:

The United States is the largest manufacturer of blueberries in the world, producing more than 500 million pounds each year.

Blueberries are naturally blue in color. As they ripen, they change from greenish to reddish to dark purplish-blue.

Bursting with nutrients and flavor, blueberries are one of the healthiest of all fruits. They can improve memory and motor skills, and are known as the anti-aging fruit.

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