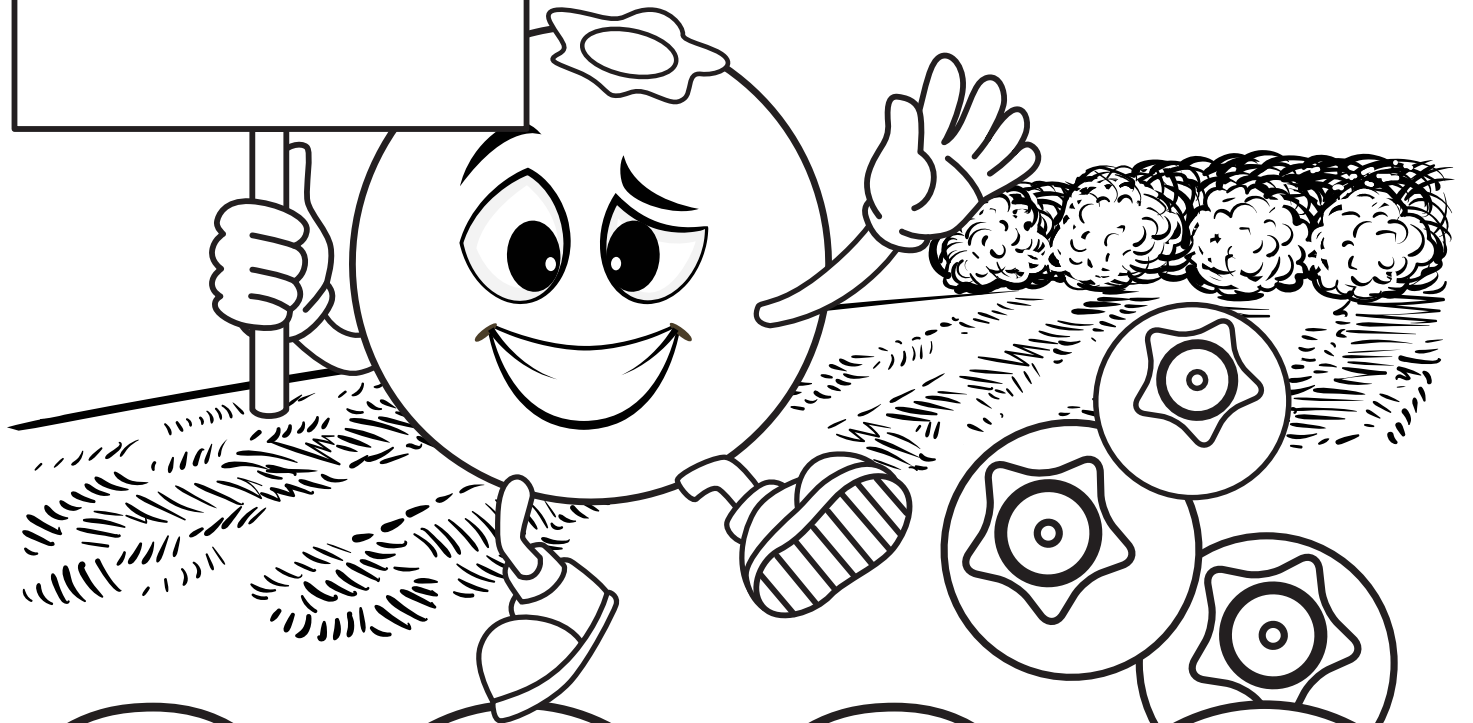


HI! MY NAME IS...

NAME YOUR
BLUEBERRY



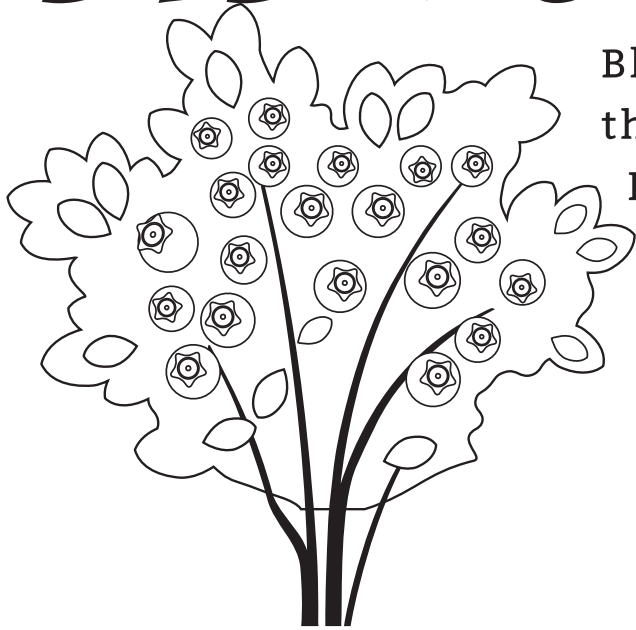
YEAR OF THE BLUEBERRY



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DID YOU KNOW?



Blueberries are a sweet small fruit that grow on little trees called shrubs. Each shrub makes lots of blueberries.

How many blueberries are on this shrub?

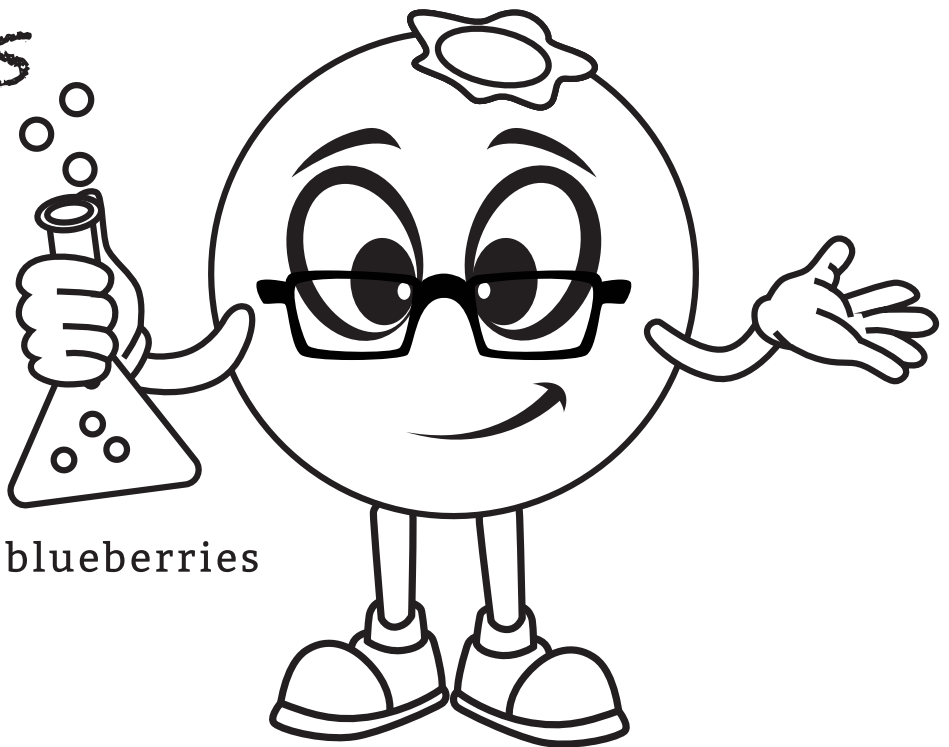
Blueberries don't start out blue. They change color as they grow.

1. At first, they are **LIGHT GREEN**.
2. Then, they turn a **PINK-ish** color.
3. Finally, they become **DARK BLUE**.



WHAT MAKES BLUEBERRIES BLUE?

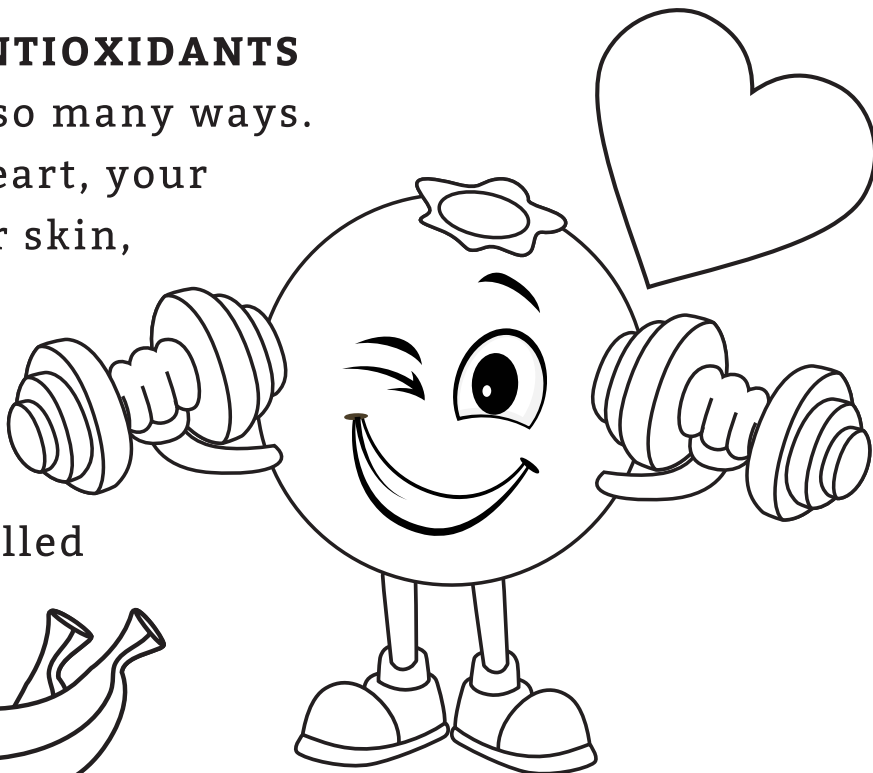
Blueberries contain natural chemicals called **ANTHOCYANINS** that give their skin its dark blue color. They are also the reason why blueberries are so healthy.



BOOST IMMUNITY

Blueberries are full of **ANTIOXIDANTS** which help your body in so many ways. They are good for your heart, your brain, your muscles, your skin, your whole body!

Antioxidants are heroes that fight against the bad guys in our bodies called **FREE RADICALS**.



SIMPLE SMOOTHIE

1-2 BANANAS

HANDFUL BLUEBERRIES

1 CUP JUICE OR MILK

SQUEEZE OF HONEY

Blueberries are the most healthy when you eat them fresh. You can eat them alone or add them to:

- SMOOTHIES
- YOGURT
- CEREAL
- OATMEAL
- COTTAGE CHEESE
- GRANOLA
- SALADS
- SALSA



See if you can find all the *SWEET TREATS* people make with blueberries.

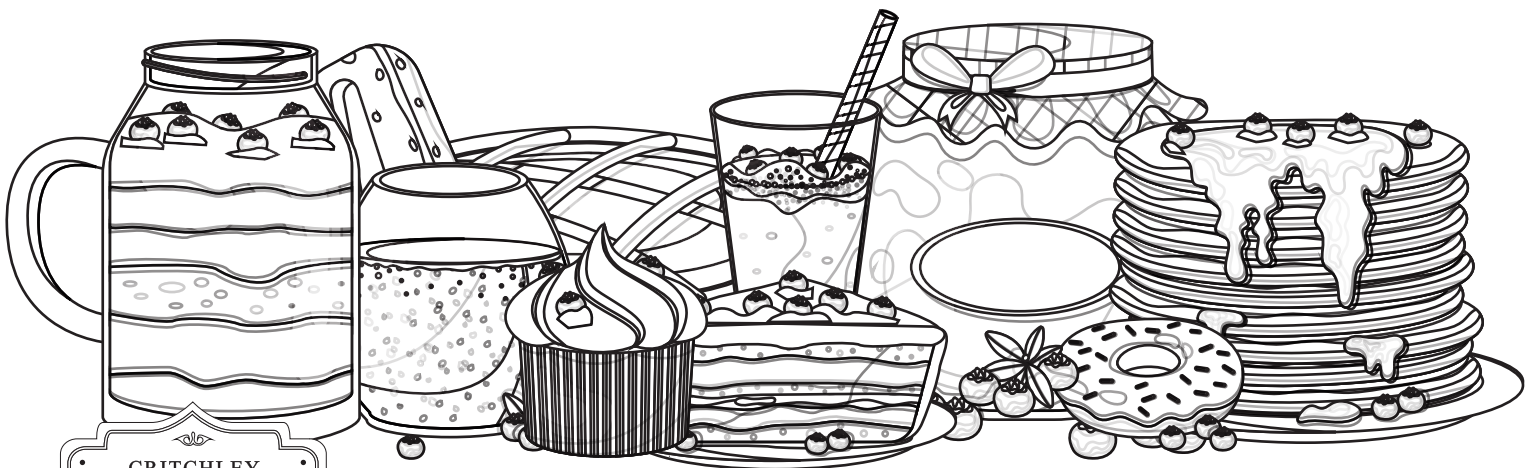
Z N D S X Q B G B P M Z E P I E O U G I
 T D Z C K G V T I M F O Y L F B H L T W
 A B X A C M S L O U L C W O V H J K T A
 R V W B O Q S N P F J A M B Q A G C P Z
 T P N I T A D C O F F X Q U K A F I P P
 F I Y Y E V Y W P I E A A X C R G I S Y
 P D Z J V O U R S N F Z P U A S W F H Y
 G O D E Y Y A H I O S M I M K U J N T R
 W S V L I K G T C G P G X D E E T P W U
 I C P L C E U Z L H A D E O O N L K Y P
 I I Q Y E W Y L E N O O F F L H L Z U T
 E I G T C E E H F X D J Z T V W Y G T K
 K S C S R N O S V P O T P N R X S Q D L
 H K R G E U T K W D O U G H N U T F K C
 W X L E A S R A T E M L D P A N C A K E
 I B O O M Z H C N U C W N Q I F O Q B U
 K D H V J S B L Z S Y L B Q L H J N A N
 N C A I N E P T P G X R U F F M Y S S C
 R N F Q Y I O L Q D D J C X C T W G I Y
 S M L A T E U A G V V E N W G Q Y F B C

Ice-cream
Muffin
Tart

Popsicle
Jelly
Pie

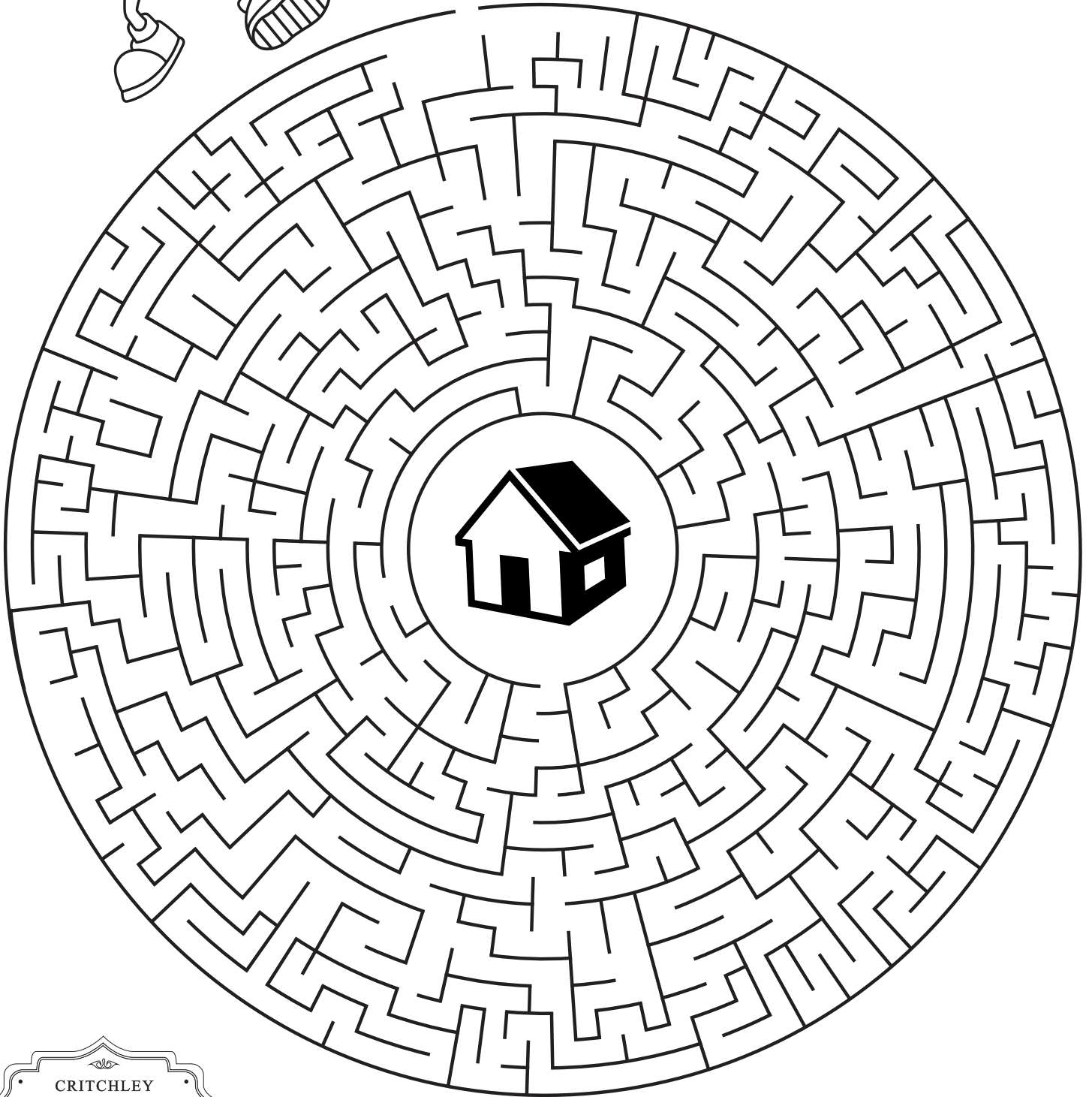
Doughnut
Syrup
Jam

Pancake
Cake

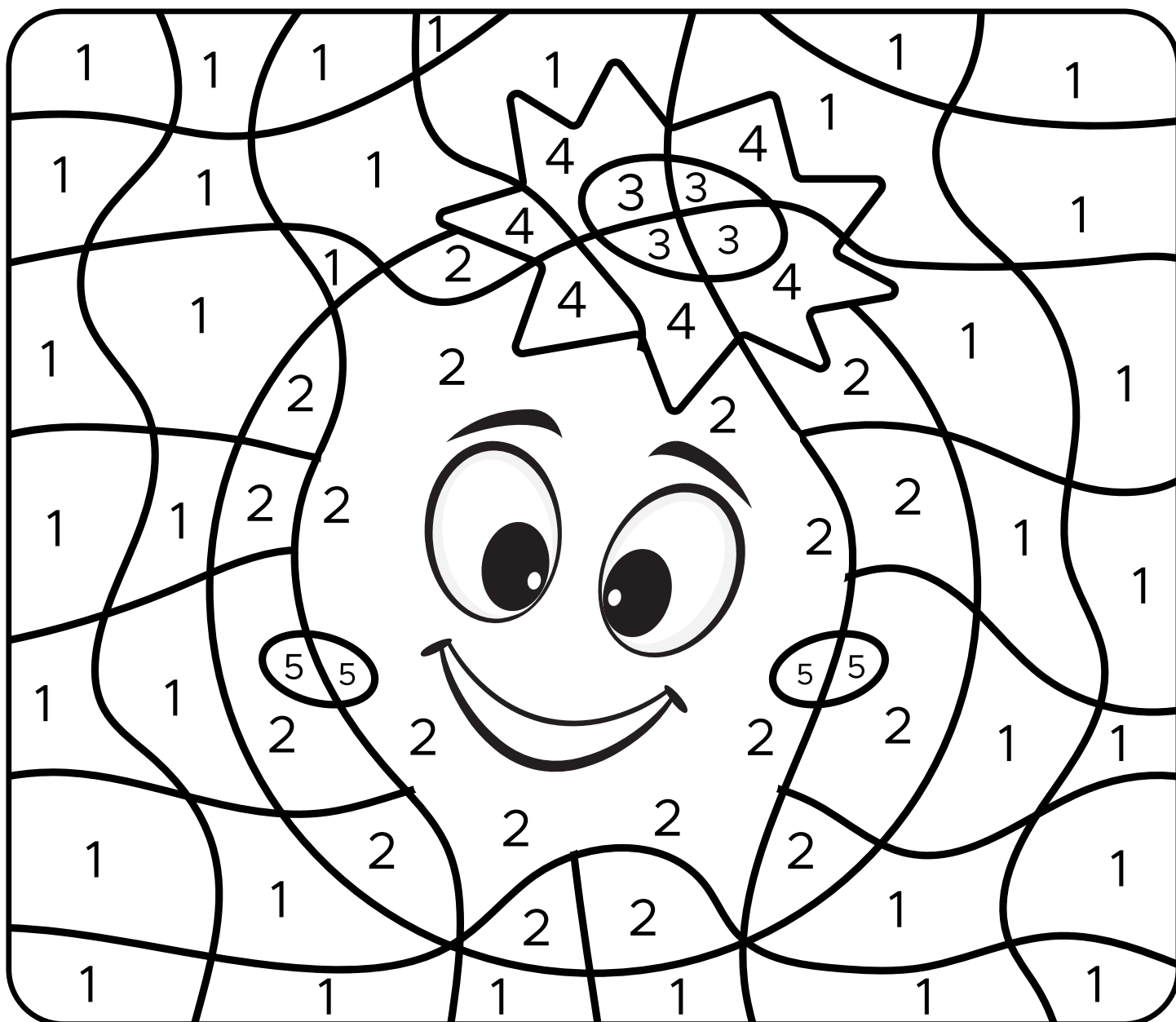


AN **A-MAZE-ING** JOURNEY

Blueberries travel from all over the world to get to you! Help your berry find your house.



COLOR BY NUMBERS



1 LIGHT BLUE

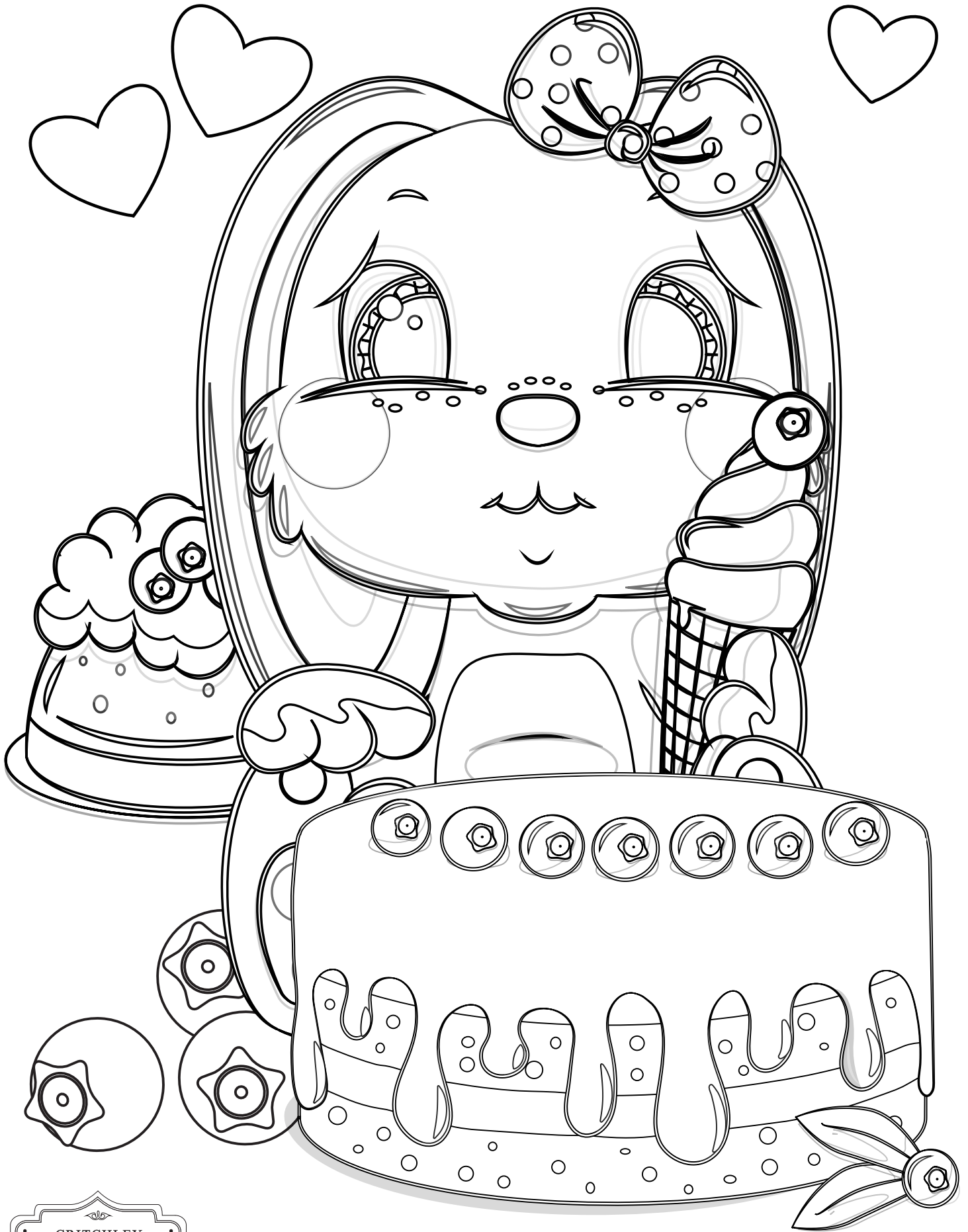
3 DARK GREEN

2 DARK BLUE

4 LIGHT GREEN

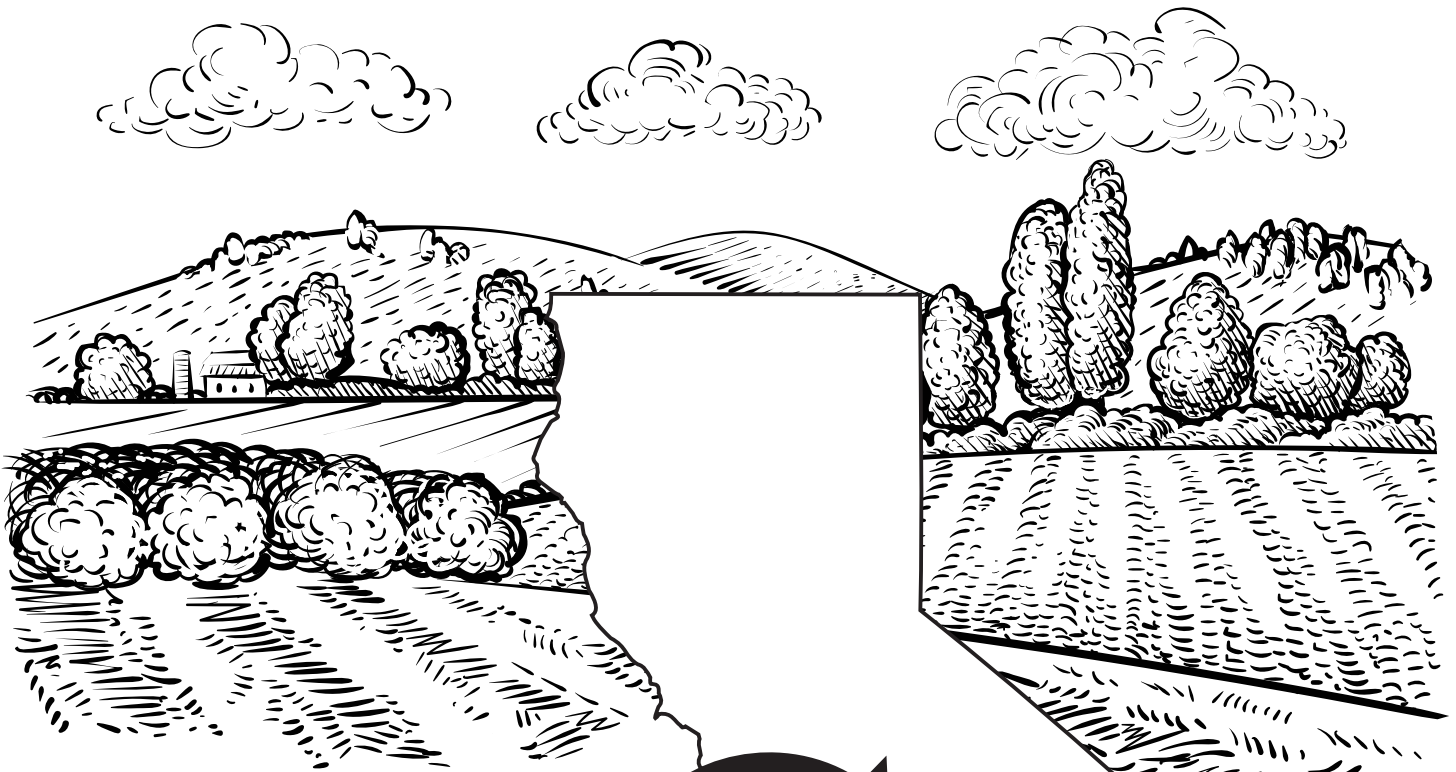
5 PINK





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Our family has been growing blueberries and other fruit in California for more than 50 years. Look for us in your local grocery store.



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