

BLUEBERRIES

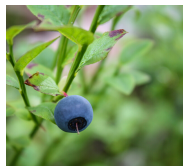
→ FACTS



- Blueberries are full of vitamin C, fiber, and antioxidants. Scientists believe these berries can fight disease, prevent some kinds of cancer, and even build healthy brain function.
- Blueberries consist of around 85% of water and have very low levels of calories and carbohydrates but are rich in nutrients.
- Michigan in the US produces most number of blueberries in the world.
- Blueberries are used as natural food dye.
- Blueberries were called "star fruits" by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.
- A single blueberry bush can produce as many as 6,000 blueberries per year.
- The silvery sheen (or "bloom") found on the skin of blueberries is a naturally occurring compound that helps protect the fruit. This why you should only wash blueberries right before you're going to eat them.
- Blueberries are native to North America where they grow throughout the woods and mountainous regions in the United States and Canada.

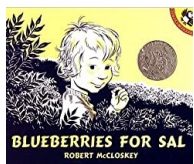


→ HOW IT GROWS



- A blueberry is a berry, a very small fruit.
- It grows in a type of woody plant called a shrub.
- Peak blueberry season in most of the country runs from mid-June to mid-August. However, Florida blueberries have their peak production season in March and April.
- The blueberry bushes can grow up to 12 feet tall, but most peak at about 6 feet.
- In the spring, clusters of beautiful white blossoms pop up all over the bushes and are pollinated by bees. Each blossom eventually becomes one blueberry.
- Blueberries are mainly picked by hand, but some are gathered with large harvesting machines.

→ ACTIVITIES



- Field trip to Starkey U-Pick Blueberry Farm
- Read *Blueberries for Sal* by Robert McCloskey
- Make blueberry play-doh (recipes on pinterest)
- DIY Blueberry Dye
- Watch "BLUEBERRY | How Does it Grow?" on YouTube

GRAIN-FREE BLUEBERRY CRISP

By Megan Gilmore

<https://detoxinista.com/grain-free-blueberry-crisp/>

Grain-free Blueberry Crisp fills one 2-quart baking dish

Ingredients:

Filling:

- 4 cups blueberries
- 1/2 t. cinnamon

Topping:

- 1 cup blanched almond flour (store-bought or homemade)
- 1/2 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1 cup unsweetened shredded coconut
- 1 cup walnuts, coarsely chopped
- 1/2 cup coconut oil, melted
- 1/4 cup raw honey

Directions:

- Preheat oven to 350F. Rinse blueberries well, then place them in the 2-quart baking dish. Sprinkle cinnamon on top.
- Mix almond flour with sea salt and baking soda in a large bowl, until well mixed. Stir in the unsweetened shredded coconut and walnuts.
- Melt the coconut oil, in a small pan over low heat, then add the honey to just barely melt the honey enough to mix it in. Stir the melted mixture into the almond flour mixture until well-blended, then crumble the almond flour mixture over the berries.
- Bake for about 30 minutes until topping is golden brown.
- Cut into squares to serve!