Blueberries

Blueberries are one of the only natural foods that are truly blue in color.

Smaller plant species are known as "low bush blueberries" and the larger species are known as "high bush blueberries". Blueberries in Maine are “low bush”, also known as *wild blueberries*.

Maine produces 99% of all the blueberries in the country, making it the single largest producer of blueberries in the United States.

Native Americans once called them "star berries," because the five points of blueberry blossoms make a star shape.

The pale, powder-like protective coating on the skin of blueberries is called "bloom."

Blueberries are a great source of manganese, vitamin B6, vitamin C, vitamin K, and dietary fiber.

Blueberries contain anthocyanins and other antioxidants that may have a role in reducing risks of some diseases, including inflammation and cancer.

Did you know? The annual harvest of North American blueberries would cover a four lane highway from Chicago to New York if spread out in a single layer.