

Blueberry Information Sheet

Today's Farm to School Snack features local blueberries!

Blueberries are one of the few fruits to originate in North America and the blueberries you will be trying today were grown locally at:

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How Does It Grow?

Blueberries are small, juicy fruits filled with tiny seeds. In Nova Scotia, there are two kinds: wild low-bush blueberries and high-bush blueberries. Bees and other pollinators help them grow. With good care, blueberry bushes can live for 30 to 50 years! Wild blueberries are smaller and grow naturally in forests and fields, while high-bush blueberries are bigger and are grown on farms. Both types are picked in the summer and can be eaten fresh, frozen, cooked, or dried.



Fun Facts

- 65 million pounds of wild blueberries are grown each year in Nova Scotia.
- Research shows that blueberries can help improve memory.
- Fresh blueberries can last longer than any other berry when refrigerated.

Around the World

Wild blueberries grow in many parts of Canada, but they are most abundant in the eastern provinces. The Mi'kmaq have traditionally used blueberries for both food and medicine. These small, nutritious berries were an important part of their diet, eaten fresh in the summer and dried for use in the winter. Early settlers to Canada boiled blueberry skins with milk to create gray paint. Oxford, NS, is known as the blueberry capital of Canada.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include blueberries.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this delicious snack!

Find more resources at www.nourishns.ca