

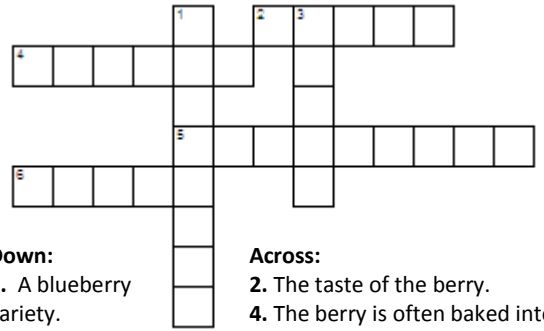
Blueberries were often eaten by Native Americans.

Many of the blueberries sold are from eastern and north-central North America.

Huckleberries and bilberries are other varieties of the blueberry and are sometimes sold as blueberry jam.



## Crossword Puzzle!



### Down:

1. A blueberry variety.
3. The white coating protects the berry from this.

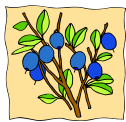
### Across:

2. The taste of the berry.
4. The berry is often baked into this.
5. Fruit full of antioxidants.
6. The blueberry is this states' official fruit.

# Fruit of the Day... Blueberries!

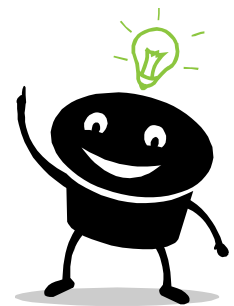
Blueberries are one of the best sources of which nutrient?

- Antioxidants
- Vitamin A
- Fiber
- Vitamin C



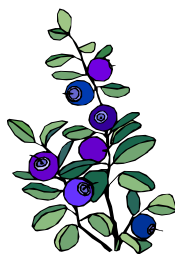
Answer: A, blueberries are one of the best sources of antioxidants which help fight disease and aging.

Blueberries are round, dark blue berries with a white coating that protects them from water and sun. They have a slight tart taste and get sweeter the riper they are. They are perfect for snacking on raw, baked into pies, cakes and muffins, or even made into jams and syrups.



## Did You Know ?

The blueberry is the official fruit of Maine, which produces a high amount of blueberries in North America.



## Blueberry Flax Pancakes

**Ingredients:** • 1 ½ cup dry pancake mix • 2 eggs • ½ cup flax seed meal • 1 cup skim milk • 1 cup fresh blueberries

Put a non-stick skillet on medium heat. Stir pancake mix and flax meal in medium bowl. In a separate bowl, whisk eggs and milk. Pour the liquid into the dry ingredients. Stir until moistened. Put ¼ cupfuls of batter onto the skillet. Sprinkle on blueberries. Cook until browned on both sides.