



BLUEBERRIES

Did you know that Georgia is one of the top blueberry producing states in the entire country? That's right! Our state is packed with farms growing these sweet, juicy berries. Blueberries grow on bushes, and while they take a little patience—about two or three years—to start producing fruit, the wait is totally worth it. From May to July, farmers across Georgia are busy harvesting these delicious berries at their peak ripeness.

Blueberries are often called a "superfood" because they're packed with vitamins and minerals that help keep you healthy. They help your brain, heart, and even your skin! They're great as a snack, or added to smoothies, yogurt, or muffins. You can enjoy them fresh, frozen, or even in desserts like pies and jams. Next time you're at the grocery store, grab some blueberries for a tasty and healthy treat!

Many farmers grow blueberries across the country, including Jeff Francoeur, who has a farm in Coffee County, Georgia, with around 400,000 blueberry plants spread over 160 acres—about the size of 160 football fields! Before becoming a farmer, Jeff was a professional baseball player. Now, he enjoys growing blueberries and teaching others about agriculture.



Scan the QR code or visit gfb.ag/blueberryfarmer to watch a video about Francoeur.



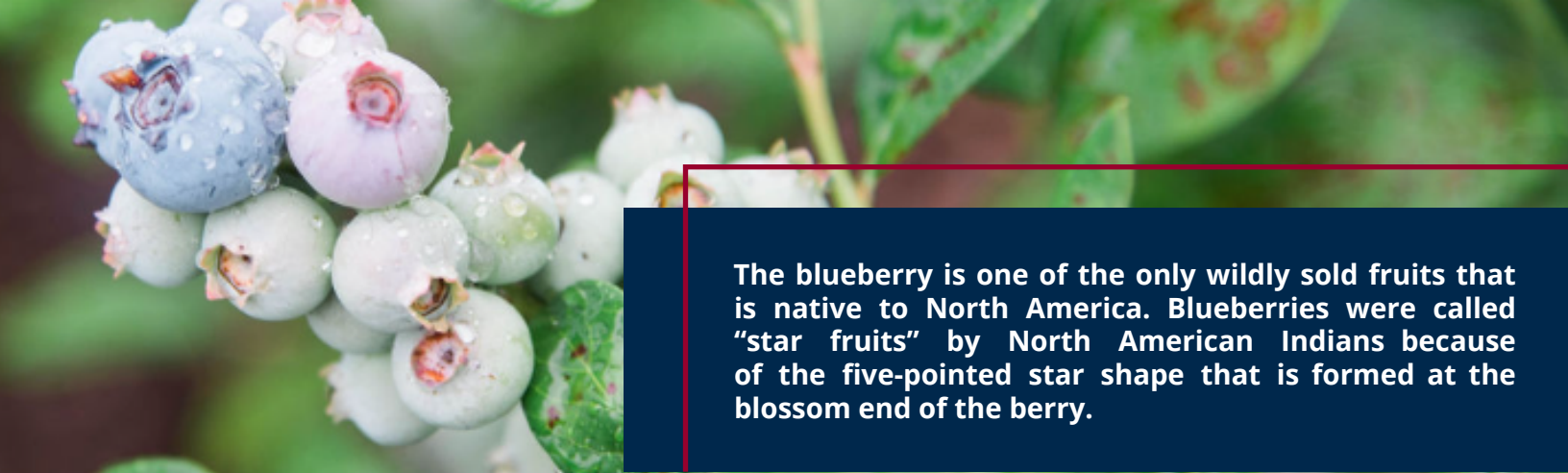
CEREAL-OUSLY CRUNCHY BLUEBERRY PARFAIT

Ingredients:

- 1 cup cereal - your choice
- 1/2 cup fresh blueberries
- 6 oz yogurt mixed berry

Directions:

1. Put some cereal in a plastic food storage bag. Seal the bag and gently crush the cereal using a rolling pin.
2. Take two small cups (about 8 ounces each). In each cup, add half of the blueberries, half of the yogurt and half of the crushed cereal on top.
3. Serve right away and enjoy your tasty blueberry parfait!



The blueberry is one of the only wildy sold fruits that is native to North America. Blueberries were called "star fruits" by North American Indians because of the five-pointed star shape that is formed at the blossom end of the berry.

Blueberry Variety Word Search

Georgia's sandy and acidic soil is just right for growing delicious blueberries! In fact, there are over 18,000 farms growing blueberries in Georgia. Now, let's have some fun finding different varieties of blueberries hidden in the puzzle below. Look up, down, forward, backward, and even on the diagonal to find them all.

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

ALAPAHA
AUSTIN
BRIGHTWELL
BRITEBLUE
CENTURION
CLIMAX
DELITE
OCHLOCKONEE
PREMIER
POWDERBLUE
TIFBLUE
TITAN
VERNON

