



Mississippi Farm to School

Mississippi Grown. Mississippi Good.



**Blueberries are
an excellent way
to eat healthy!**

Blueberries contain anthocyanin, which is good for eyesight. They contain more antioxidants than most other fruits or vegetables and may help prevent damage caused by cancer, heart disease, and Alzheimer's. Blueberries are also naturally low in both fat and sodium.

Fun Facts

- Native Americans once called them "star berries" because the five points of blueberry blossoms make a star shape.
- Native Americans also used blueberries in non-traditional ways like making dye for textiles.
- During the Civil War of the 1860s, blueberries were collected, packaged, and sent to Union troops for food.



*Blueberries are
grown in Mississippi
by farmers like
Jerry Hutto and
the Wayne County
Blueberry Growers Association
in Waynesboro, MS.*

Blueberries can be stored fresh or frozen and are popular for breakfast and dessert foods!