

BC Blueberries: Did you know...?

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- One large handful (250 ml) of farm fresh and juicy BC blueberries is just 80 calories and contains 3.6 grams of dietary fibre.
- Blueberries ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.
- The blueberry is one of the only foods that is truly naturally blue in colour. The pigment that gives blueberries their distinctive colour—called anthocyanin—is the same compound that provides the blueberry's amazing health benefits.
- People have been eating blueberries for more than 13,000 years.
- The blueberry (genus *Vaccinium*) is one of the only commercially-available fruits native to North America.
- Blueberries were called “star fruits” by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.
- A single blueberry bush can produce as much as 6,000 blueberries per year.
- Other species in the blueberry family *Ericaceae* include hardy perennial plants such as cranberry, azalea, rhododendron and heather.
- There are approximately 450 species of genus *Vaccinium* plants that grow around the world. Selections of *Vaccinium corymbosum* are known as the highbush blueberry, which are the varieties cultivated for its sweet and juicy fruit commonly available in grocery stores.
- Fresh blueberries should be stored covered in the refrigerator and will keep fresh up to 10 days. Only wash just before using.
- The silvery sheen (or “bloom”) found on the skin of blueberries is a naturally occurring compound that helps protect the fruit. This why you should only wash blueberries right before you're going to eat them.

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