



B E R R Y F A C T S

Highbush Blueberry

- Highbush or cultivated blueberries are sweet and juicy with tender skins. Color ranges from deep-purple-blue to blue-black, highlighted by a silvery sheen called a “bloom.” Size varies and is not an indicator of maturity.
- Fresh blueberries are available year round. Blueberries grown in North America are available March through mid-October. Highbush blueberries are currently grown in 32 states and provinces. The main growing regions are Washington State/Oregon/British Columbia, Michigan, Georgia/North Carolina and New Jersey. Blueberries are imported from South America mid-October through mid-March. Chile and Argentina are the major suppliers.
- Total production of highbush blueberries has increased by close to 60% in the past 10 years to meet growing demand. In 2006, 323 million pounds of highbush blueberries were harvested in North America. About 52% was sold as fresh product.
- Blueberries are available fresh, frozen, canned, dried and juice.
- Blueberries add color and flavor to many favorite dishes including salads, sauces, smoothies, breads, beverages and desserts. They are also a popular snack eaten out-of-hand.
- Blueberries will keep in the refrigerator for up to ten days. Rinse under cool running water just before using.

Health Benefits

- A half-cup serving of blueberries has just 40 calories and helps meet the USDA recommended daily intake of four servings of fruit for adults (<http://www.mypyramid.gov>).
- Scientific studies show that blueberries contain antioxidants that may be beneficial to good health (Wu, X et al. J Agric Food Chem 2004, 5:4026-37). As measured by the ORAC assay method, the total antioxidant capacity of one cup cultivated blueberries is 9000 micromoles Trolox Equivalents. Antioxidants help to neutralize free radicals, which are unstable molecules linked to the development of a number of diseases, including cancer, cardiovascular disease and other age-related conditions such as Alzheimer’s.
- Anthocyanins and other phenolic compounds such as chlorogenic acid are the major contributors to the antioxidant activity in blueberries. In addition to their antioxidant activity, fresh blueberries are a good source of vitamin C and manganese.



Nutrition Information

1 cup (148 gram)

Calories	84 kcal
Protein	1.1 g
Fat	0.5 g
CHO	21.5 g
Fiber	3.6 g
Vitamin C	14.4 mg
Manganese	0.5 mg

Source: USDA National Nutrient Database for Standard Reference, Release 19, 2006

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