



Idaho's **blueberries** come from a long lived, perennial, woody shrub. Our warm summers and cool nights are perfect for growing big firm tasty berries. **Blueberries**, like apricots and other fruits, require a cooling off period to develop tight firm skins and higher levels of natural sugars that are produced inside the berry adding flavor and color.

The **blueberry** is an extremely healthy fruit to eat and has been linked to memory retention and cancer prevention. **Blueberries** are also an excellent source of antioxidants, which are good for healthy hearts and healthy bodies.

In Idaho, **blueberries** are produced primarily by small farmers and sold at the farm or at Farmers Markets. To learn more about Idaho **blueberries**, go to www.idahopREFERRED.com

