Today’s Fruit Sampling

Can you guess what it is?
The fruit…

• Nutrition Information:
  – High in antioxidants, such as vitamin C and E = DISEASE FIGHTERS!
  – Low in calories and high in Fiber = HEALTHY SNACK!
The fruit…

- It is the official state fruit of New Jersey
- Maine produces about 25% of all of these that are grown in North America.
The fruit...

- The second most popular berry in the U.S., the strawberry is number one.

- Over 200 million pounds are grown and sold each year.
BLUEBERRIES