

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

