

The background of the entire image is a light blue color. It features a repeating pattern of blueberries. Each blueberry is depicted as a dark blue circle with a lighter blue shadow underneath, giving it a three-dimensional appearance. In the center of each blueberry is a small, dark purple flower-like shape with five petals. The blueberries are arranged in a grid-like pattern, with some partially cut off at the edges of the frame.

Beautiful Blueberries

Where do my blueberries come from?



Blueberries are a delicious and nutritious snack at any time of day. A handful of blueberries fulfils one of your 2 daily fruit serves. They are perfect with yoghurt, porridge or muesli, and are an excellent addition to a smoothie.

Blueberries (and cranberries) are unique in that they are very high in Vitamin C which is a powerful antioxidant. This has earned them the title of 'superfood'. Antioxidants occur naturally in fruits and vegetables and they support our immune system to fight off colds, flus, cancers and heart disease.

Our ancient ancestors were very excited when they discovered berries growing in the wild as their rich sweetness signalled high energy and natural health benefits which helped people survive times of famine.

Lucky for us, blueberries are in good supply in Australia. You can find both fresh and frozen blueberries in your IGA Supermarket. Most of the fresh blueberries in the fresh produce section are grown in Australia, but many of the frozen varieties come from countries like Chile and China.



Many people think that frozen berries are not as good for you as fresh berries – but this is not true. The fresh berries are picked at peak season when the fruit is most nutritious and tasty. It is then 'individually quick-frozen' to preserve the flavour and quality of the fruit. The same method is used for other frozen fruits and vegetables

Quiz

1. Why were our ancient ancestors excited to find berries in the wild?
2. True or false: Frozen blueberries are not as good as fresh blueberries?
3. Which antioxidant is in abundance in blueberries?

Answer
1. Berries provided extra energy and natural health benefits. 2. False, the berries are picked and frozen at peak season when the fruit is most nutritious and tasty. 3. Vitamin C

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