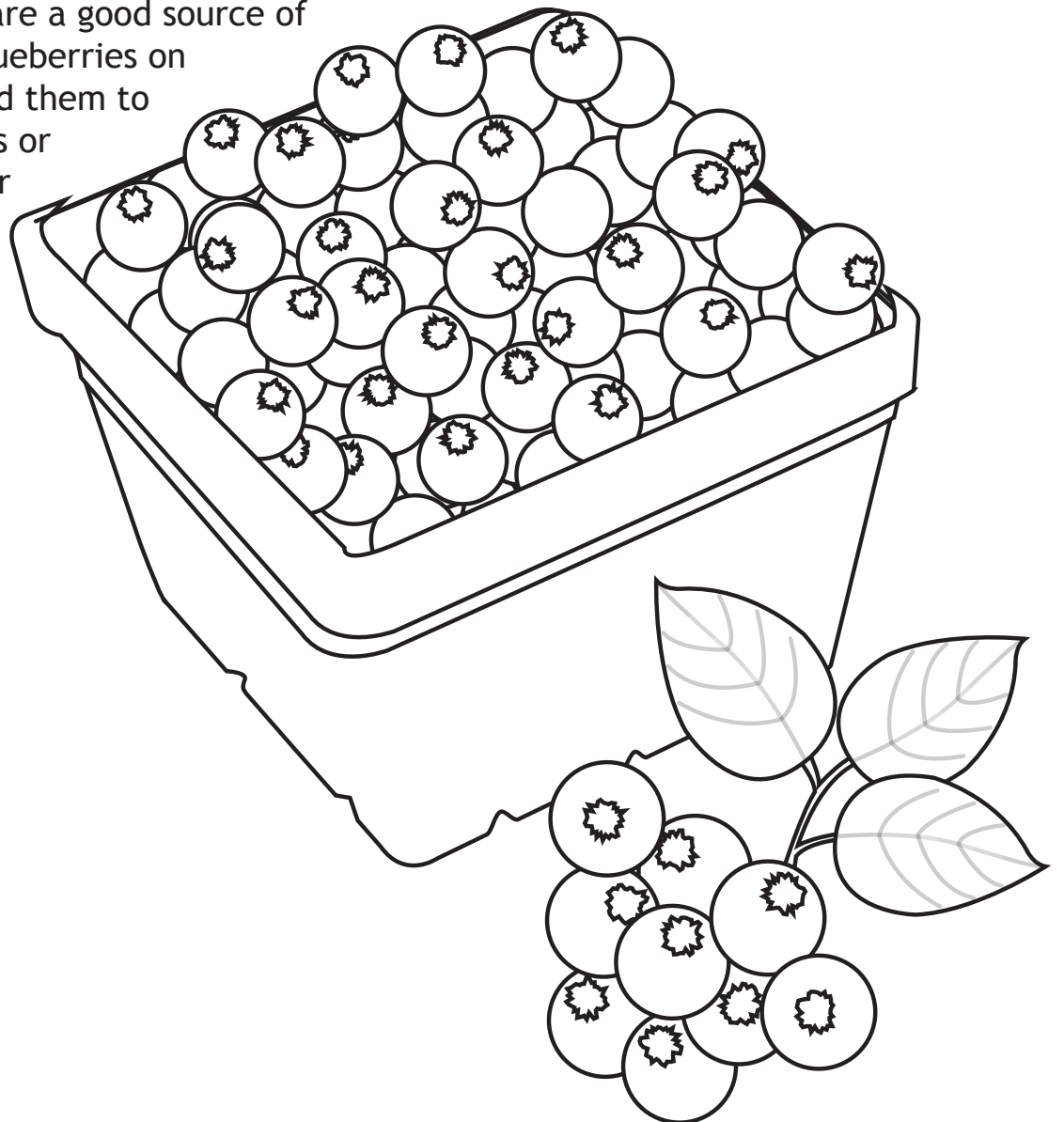


BLUEBERRIES

Blueberries grow well in Louisiana and are available in stores or “pick -your-own” patches from early May through mid-June in south Louisiana and from early June through mid-July in north Louisiana. Most Louisiana blueberries are grown in DeSoto and Washington parishes. You can grow blueberries at home. They grow on bushes, and just like their name implies, they are a deep, blue color.

Good for You: The color makes blueberries rich in antioxidants. Antioxidants help our bodies guard against many health problems. Blueberries also are a good source of vitamin C. Eat blueberries on your cereal or add them to pancakes, muffins or low-fat yogurt. Or just pop them in your mouth for a fresh, healthful snack.

Louisiana Value:
\$8 million



Find the blueberries. Start at the top left and color in the blueberries that help you make a path to the basket of blueberries at the bottom.

**START
HERE**

