

AgBite

A series of commodity insights

Did you know?

The blueberry is one of the only foods that is truly naturally blue in color. The pigment that gives blueberries their distinctive color is called anthocyanin.

Overview

- July is National blueberry month.
- Blueberries are native to North America, where the harvest runs from April to late September.
- The first highbush blueberry bush was successfully cultivated for commercial production in the early 1900s.
- Blueberries are certified as heart-healthy by the American Heart Association.

Production

A single blueberry bush can produce as many as 6,000 blueberries per year.

Blueberry bushes can grow all over the U.S., and farmers in 26 states produce blueberries commercially.

In 2023, the United States blueberry total production was 648 million pounds.

Blueberry

Kingdom: *Plantae*

Division: *Magnoliophyta*

Order: *Ericales*

Family: *Ericaceae*

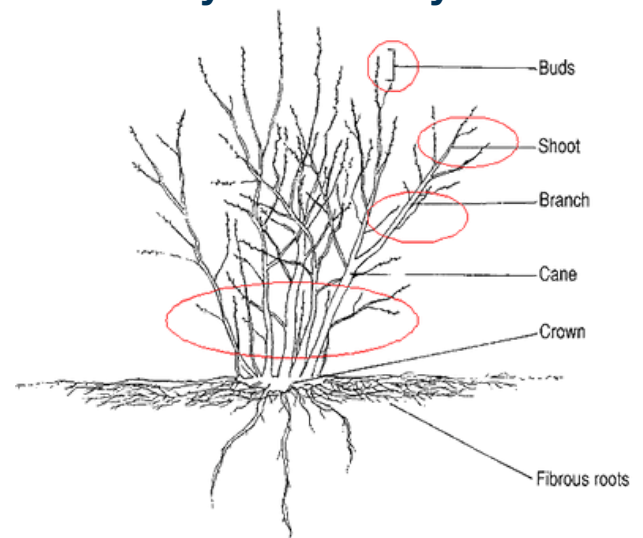
Genus: *Vaccinium*



Nutritional Information 148g

Total Fat 0.5g	Potassium 110 mg
Cholesterol 0g	Protein 1g
Sodium 0mg	Vitamin C 14 mg
Total Carbohydrate 21g	Calcium 10mg
Dietary Fiber 4g	Iron 0.4mg
Sugar 15g	

Blueberry Anatomy



Sources: <https://www.newworldencyclopedia.org/entry/Blueberry/>
<https://www.bcblueberry.com/bc-blueberry-council/news/did-you-know-10-surprising-facts-about-blueberries/> / <https://blueberry.org/> /
https://www.nass.usda.gov/Statistics_by_State/New_Jersey/Publications/Blueberry_Statistics/NJ-2023-Blueberry.pdf

Image source: <https://blueberries.extension.org/anatomy-of-a-blueberry-plant/>