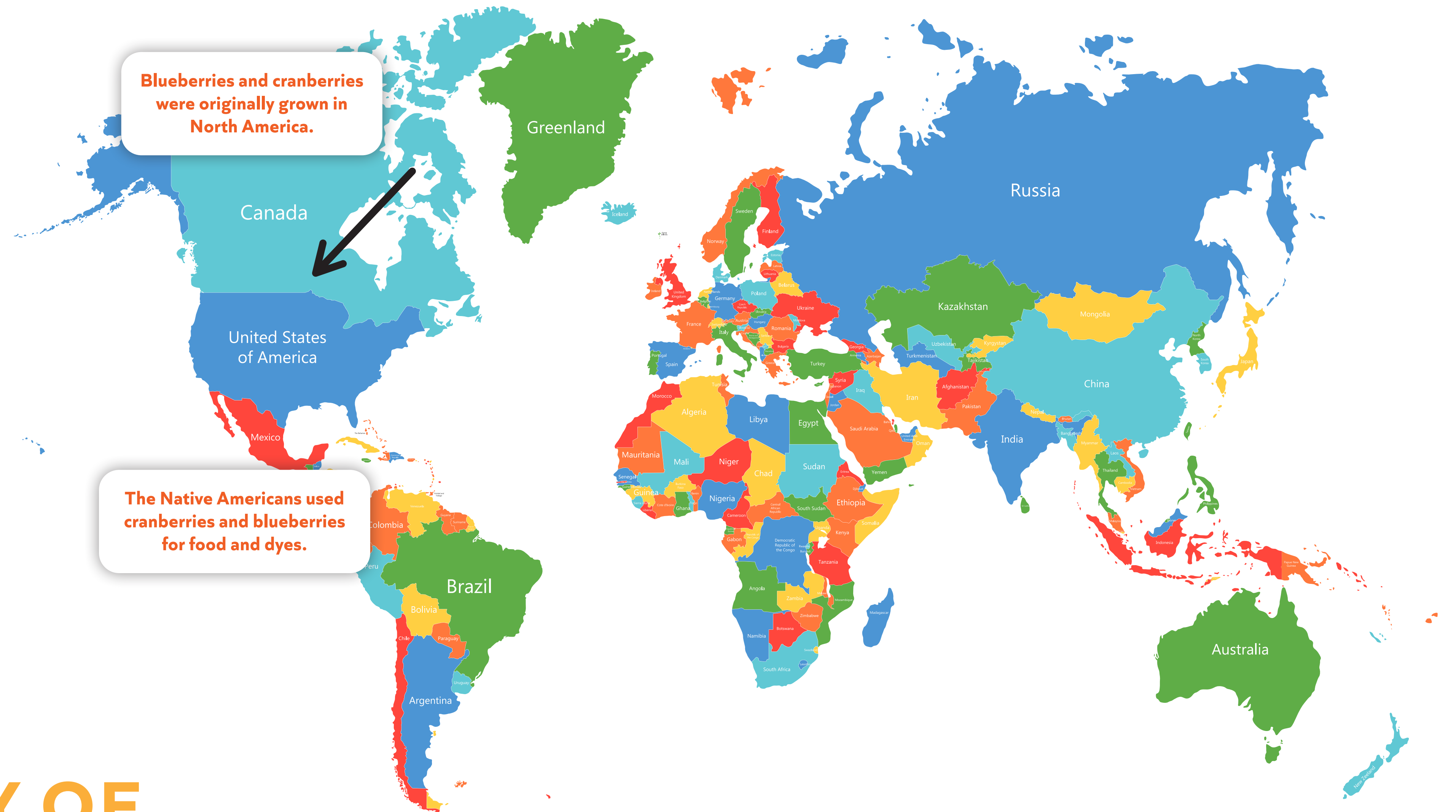


HARVEST OF THE MONTH:

Cranberries & Blueberries





HISTORY OF Cranberries & Blueberries

**Berries grow
on bushes.**



HOW DO BERRIES GROW?

**In spring, berry
flowers bloom.**

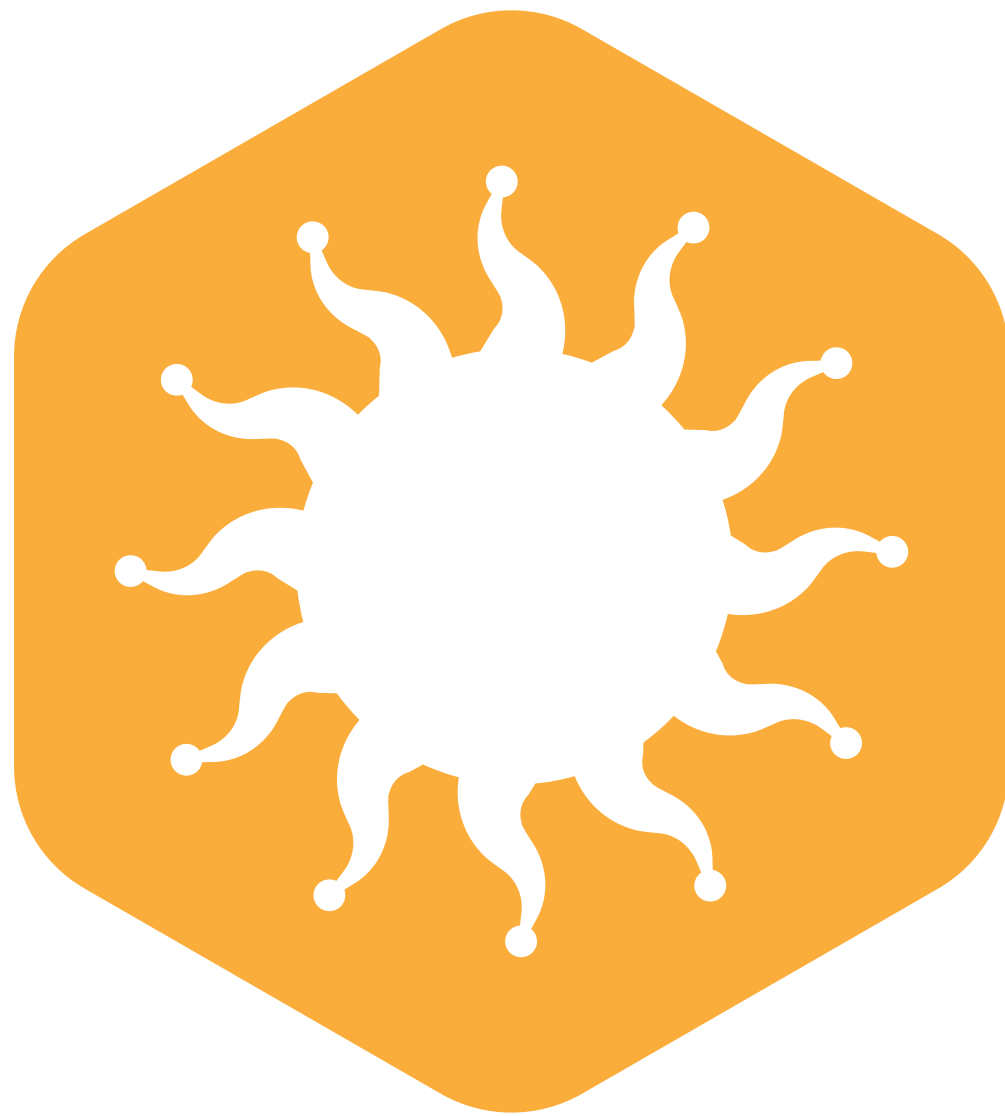


**After pollination, we
eat the swollen fruit.**



HOW DO BERRIES GROW?

WHAT SEASON DO WE PICK BERRIES?



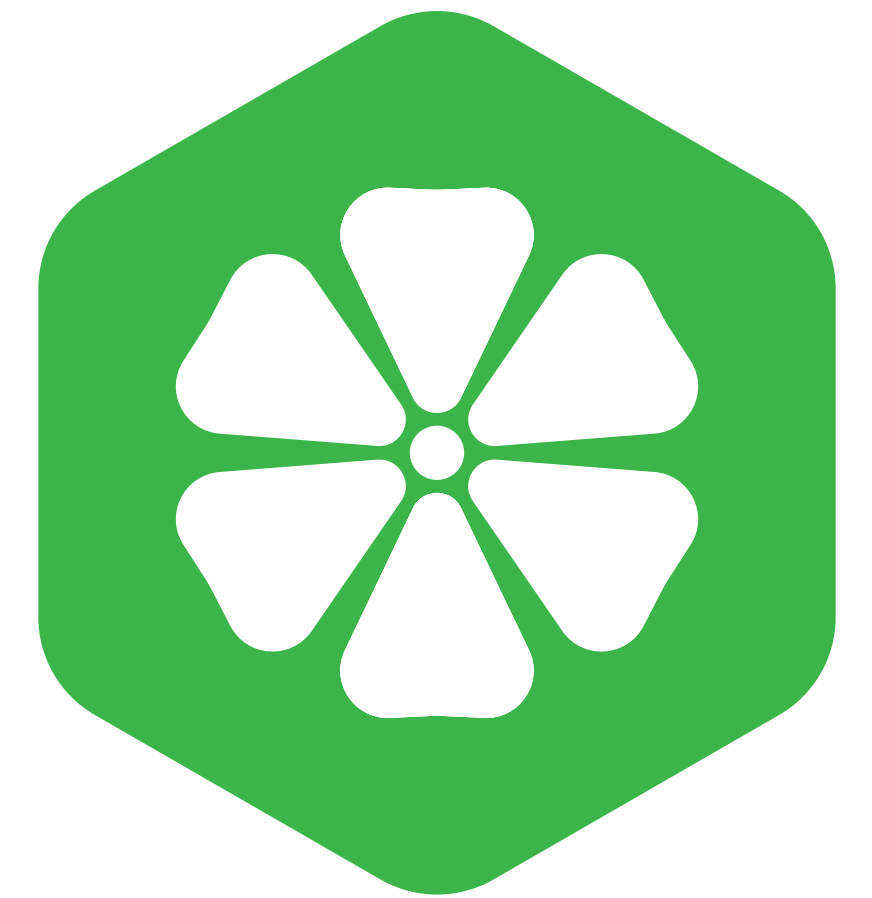
SUMMER



AUTUMN



WINTER



SPRING

***Blueberries are harvested in the summer, and cranberries in the fall.**

WHY SHOULD WE EAT BERRIES?

**Healthy immune system
(prevents colds)**



Strong bones



**Healthy digestion,
cleans out your system**



**Contains vitamin
K – heals cuts**



HOW DO YOU PICK A GOOD BERRY?

- Choose blueberries or cranberries that are dry and shiny.
- Rinse them under running water before eating.
- Blueberries and cranberries can be stored in the fridge for a few days.



FUN FACT: The cranberry and blueberry are two of the three major fruits native to North America. (The other fruit is the Concord grape.)



LET'S TRY SOME
Berries!

