

PALMETTO PICK OF THE MONTH

Blueberries



SOUTH CAROLINA
FARM to SCHOOL



Blueberries are a sweet blue-black edible fruit that offer many nutritional benefits. There are three main types of cultivated varieties that can be grown in the Southeastern United States: Rabbiteye, Southern highbush and Northern highbush. Within these types, many cultivars exist that contain varying characteristics including: flavor, color, firmness, fruit size and required chilling hours.

PREPARING

After purchasing blueberries, you should always check for any berries with white fuzzy mold and toss them out. In general, you should not wash the berries until you are ready to eat them. Always make sure the berries are completely dry before storing in the refrigerator or freezer.

HEALTH BENEFITS

They are a good source of Vitamin C, Vitamin K, and dietary fiber and contain high levels of Manganese.

GROWING BLUEBERRIES

Sun Exposure: Full Sun

Soil Type : Acidic, Loose, Well-Drained, High in Organic Matter

Soil pH: Acidic

This crop can present a challenge because it requires a well prepared, loose, acidic soil with a high organic matter content. Unfortunately these types of soils are uncommon in most parts of South Carolina. However, blueberry bushes can be planted in containers, just make sure the container used is at least 12 - 18 inches deep.

Mulching is also very important when growing blueberries. Applying mulch is vital, especially during the first couple years after planting. Apply up to three inches of mulch to help control soil moisture and temperature as well as to promote better overall growth.

Books

Blueberries for Sal by Robert McCloskey

More Blueberries by Susan Musgrave

PALMETTO PICK OF THE MONTH SNACK



Try stocking your freezer with Frozen Blueberry Citrus Yogurt Cups. They are fun, healthy snacks that are easy to make and refreshing during the warm summer months.



For more information about other fruits and vegetables available in South Carolina each month, please visit

CERTIFIEDSCGROWN.COM

