

Blueberries

Blueberries are a member of the heath family.

Blueberries contain anthocyanins, a phytochemical (plant compound) in the flavonoid group. Anthocyanins give blueberries their blue color.

Blueberries were originally called “star berries” because the blossom end is star-shaped with five points. They provide vitamin C, fiber, and iron.



The two main varieties of blueberries grown in Georgia are Southern Highbush and Rabbiteye.

Georgia’s sandy and acidic soil is perfect for growing blueberries. Most GA blueberries are grown in the southern part of our state.

Blueberries are in season in Georgia from around April through July.

Georgia’s blueberry capital is the city of Alma, in Bacon County.



Georgia Department of Education School Nutrition