

Blueberry

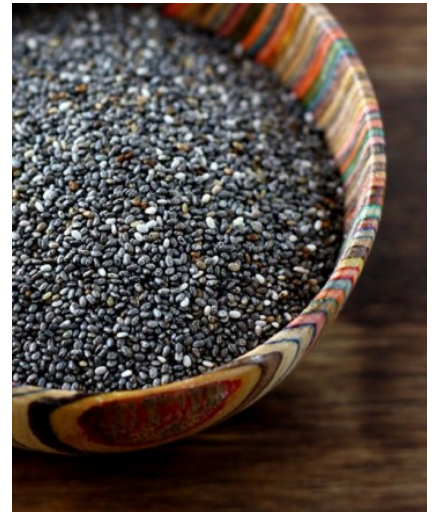


Blueberries are ranked as having the most antioxidants among all fruits, vegetables, spices and seasoning. They also contain manganese, fibre, Vitamin K and C.



The seeds are found within the blueberry and it is okay to eat them. The blueberry seeds are very small and unnoticeable.

Blueberries are not locally grown in Hawaii.



Blueberries grow in bunches on vines, require low maintenance and are easy to grow.

