

GROW YOUR OWN BLUEBERRIES!

Beautiful in the spring garden with fragrant white or pink flowers, in the summer garden covered with berries and in the fall garden with rich autumn colored foliage, blueberries are becoming more popular in local gardens every year. Blueberries are also delicious and oh so nutritious. They do have a few special needs, primarily adjusting the pH of your soil by adding **Gardner & Bloome Acid Planting Mix**, Fertilizing with an acid fertilizer like **Gardner & Bloome OMRI Listed Azalea and Camellia Fertilizer**, and proper pruning. Basically though, they are easy to grow. They are tolerant of full sun to part shade and even produce well in containers.



Five Blueberry Health Facts:

- Blueberries rank first of 60 different fruits and vegetables in antioxidant content. Content is highest when berries are picked ripe from the garden. (Tufts University study)
- Outstanding source of pterostilbene, one of the most powerful anti-cancer, anti-cholesterol, anti-diabetes compounds yet discovered. (several studies)
 - Blueberries are rich in iron and vitamin C.
- Blueberries (along with cranberries) contain two compounds that protect against urinary infections.
 - Blueberries are a good source of fiber.

