

BLUEBERRIES

2008



MISSISSIPPI BLUEBERRIES

- Approximately 50% of Mississippi blueberries are sold wholesale through marketing cooperatives. The remaining blueberries are sold on a pick-your-own basis or sold independently through farmers markets, small stores, etc.
- The majority of blueberry acreage is planted in the Southern half of the state.
- There are approximately 2500 acres in blueberry production in Mississippi.
- Mississippi has ideal soil and climate for a profitable crop.

BLUEBERRY FACTS

- Blueberries grow best in a light, sandy loam, in a sunny site with well drained, but moist soil that is high in humus.

- Blueberries are low in calories. One half cup contains 42 calories.
- Fresh blueberries are available in the market place from May through September with June and July being the peak harvest season.
- Blueberries rank above all the berries as a source of food energy and are an excellent source of antioxidants, carotenoids, fiber, magnesium, iron, folate, potassium, and Vitamin A, C & E.
- Blueberries will keep for two weeks if refrigerated and two years frozen. Do not wash until ready to use.
- For best results in freezing, do not wash. Freeze them dry in plastic containers. Blueberries will freeze individually and will be easy to use in recipes. Wash them right before using.
- Canned blueberries are available in syrup packs; water packs and in pie filling mixes.
- Blueberries are related to huckleberries, but are more sophisticated, have smaller seed, are larger in size and are sweeter.

Source: Mississippi Agricultural Statistics
Mississippi State University