



WA Local Foods

Blueberries

Promotional Resources

Fun facts

- Blueberries are low in calories and high in vitamin C, manganese, and polyphenols.
- Washington State is the leading producer of organic blueberries.
- The silvery sheen found on the skin of blueberries is a naturally occurring compound that helps protect the fruit. This is why you should only wash blueberries right before you're going to eat them.
- The blueberry is one of the only foods that is truly naturally blue in color. The pigment that gives blueberries their distinctive color - called anthocyanin - is the same compound that provides the blueberry's amazing health benefits.

Know your distributor

Puget Sound Food Hub - Mt. Vernon, WA

The Puget Sound Food Hub is a farmer-owned cooperative that markets, aggregates, and distributes locally produced food from their partner farms to wholesale buyers.

Know your farmer

Sakuma Brothers Farm Burlington, WA



For nearly 100 years, the Sakuma family has been rooted in Skagit Valley - growing premium berries and producing high quality fruits with care, integrity, and respect for the land. They are a fourth-generation family business that takes pride in traditional farming while embracing innovation to meet modern needs.



Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school spread information about local foods and healthy eating to increase students' knowledge of healthy eating and where food comes from.

- [The Importance of Blueberries - Grab a Boost of Blue](#)
- [Berries - WSDA Washington Grown Harvest of the Month](#)
- [Blueberries - Whatcom Farm to School Harvest of the Month](#)
- [Blueberry Basics - Food Hero](#)
- [Blueberries Curriculum \(Grade K-5\) - Ag in the Classroom](#)



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Regional Markets Program