



### What is it ?

Compared to the highbush blueberry (the large blueberries often found in grocery stores), the wild blueberry grows in a blueberry field or in the wild. Also known as the lowbush blueberry, it is the smaller than its highbush counterpart.

Wild  
blueberry



highbush  
blueberry

Wild blueberries can often be seen growing on freshly cleared or burned lands.



### When can they be eaten ?

Fresh: mid-July to end of September  
Frozen: year-round

\*Frozen: It is preferable to cook them, as they don't have the same texture, but they still taste great!

### Impressive, huh ?

About 95% of the blueberries harvested in Quebec are frozen and distributed all over the world.



Discovering the

# BLUEBERRY



### What foods feature blueberries ?

Fruit salad

yogurt

crêpes

sorbet

smoothie

jam

If you freeze them, you can use them as ice cubes in your drinking water year-round !



### Pick-your-own

Pick-your-own is a time-honoured tradition that's still observed every summer.

### Impressive, huh ?

Wild blueberries were part of the basic diet of Aboriginal people. Aboriginal people heated the blueberries and turned them into a paste, which was then dried in the sun.

That way, they had reserves through the winter.



# CONTINUE TO EXPLORE THE WILD BLUEBERRY

Actively challenge your campers, test their knowledge and discover all of this veggie's secrets.

## Do you know me ?

1. In what four Canadian provinces does the wild blueberry grow in abundance ?

Answer : Quebec, New Brunswick, Nova Scotia and Prince Edward Island

2. How many varieties of wild blueberry are there ?

- a) Moins de 5
- b) Environ 10
- c) Environ 30

Answer : c)



3. What Quebec region is nicknamed the "Kingdom of the Blueberry" ?

- a) Saguenay–Lac-Saint-Jean
- b) Montreal
- c) Gaspé

Answer : a)

4. What is a pemmican ?

- a) A bird that loves to eat blueberries.
- b) An ancestral dish made from a mixture of animal fat, meat and berries.
- c) A company specialized in the production of blueberries.

Answer : b)

5. What is the best time to pick blueberries ?

- a) When they begin to turn light blue in colour, so that they hold together and continue to ripen until they reach your plate.
- b) When they reach maturity, in order to develop their full flavour.
- c) When they fall the ground, which means they're ripe and ready to be picked.

Answer : b)

## Knock over the berry box



Duration : 15-20 minutes

Objective : The team on which each player successfully bounces their blueberry into the box wins.

Materials : Four bins and one small bouncy ball per player (examples of balls: ping-pong, tennis, etc.)

Step 1 : Divide your group into four teams. Ask each team to line up.

Step 2 : Place a bin representing a blueberry box in front of the first player on each team, at a distance of about three metres.

Step 3 : Give each player a bouncy ball representing a blueberry.

Step 4 : The game starts when you say, "Let the harvest begin." The first player in each line tries to bounce their blueberry on the ground and make it land inside their team's box.

\* Tip: The blueberry must bounce only once before landing in the box. If it doesn't, the player has to start over.

Step 5 : When the first player in line successfully bounces the ball into the box, they can go knock over another team's box (whichever they choose), or go sit down at the back of their team's line. Once they are seated, the next player in line can begin bouncing their blueberry.

\* The first player in line on a team that has its box knocked over must put it back in its place, with all the blueberries inside it, in order to continue playing.

\* Each team can knock over only one box per game, which is why it's important to choose the right moment.

End of the game : The first team to have all its players seated is named the best team of blueberry pickers!

## Nourish your expressiveness



Power Up has coined a colourful new expression :

"It's a blueberry beautiful day !"

Your challenge? To integrate blueberries into your activity program for the day. Ask your campers to coin their own expression for the day.



# CONTINUE TO EXPLORE THE WILD BLUEBERRY

It's time for a taste test!



## Taste me!

**Duration :** 30 minutes

**Objective :** Use all five senses to explore the blueberry with your campers.

**Materials :** Two wild blueberries and two highbush blueberries ~~from Quebec~~ per person, and a pair of tongs to distribute the blueberries.



### Examine them with your eyes

- Describe the different shades of blueberry that you observe.
- Can you describe the visual differences between the two blueberries ?
- Do you find them appetizing ? Why ?



### Explore them with your hands

- How would you describe their texture (smooth, sticky, wet, etc.) ?
- Compare their firmness. Which one is softer ? Which one is harder ?



### Recognize it through its smell

- Do you like its smell ? Why ?
- Do the highbush blueberry and the wild blueberry smell different ?
- Can you tell the difference between the two blueberries with your eyes closed ?
- What do their smells make you think of (a place, a time, a meal, a person) ?



### Their sound

- Does each kind of blueberry make a similar sound when you bite into it ?
- Are there any other food items that make a similar sound when you bite into them ?



### Explore them with your mouth

*Their taste*

- Do you like the way they taste ? Why ?
- How would you describe the taste (sweet, bitter, salty, acidic) ?
- Which type of blueberry is the sweetest ?

#### Its taste

- Sweet: like candy
- Bitter: like grapefruit
- Acidic: like lemon
- Salty: like salt

*Texture in the mouth*

- How would you describe their texture ?



#### Can you compare their texture to that of other food items?

- Crunchy like an apple
- Juicy like an orange
- Pasty like a banana
- Crispy like a cracker
- Fibrous like celery

For further ideas on words you can use to taste food items with the senses, please see the [Tasting Expert](#) activity on the Power Up portal at <https://portail.tremplinsante.ca/>



## DON YOUR APRONS !

Ready, set, cook! Visit [www.tremplinsante.ca](http://www.tremplinsante.ca) to view recipes that feature blueberries :

- Blueberry oatmeal muffins with chocolate chips
- Blueberry and apricot scones
- Fruity frozen yogurt pops (favour wild blueberries)

