

Blueberries: New Jersey's Wonder Fruit



Presented by Judith Krall-Russo



The cultivated blueberry has its roots in the Pinelands of New Jersey. Elizabeth White along with Dr. Fredrick Coville, proved that the "swamp huckleberry" could be cultivated. Learn the history of this fascinating berry and the contributions Elizabeth White of Whitesbog made to their cultivation. Today the blueberry is touted as the wonder fruit with a host of healthful benefits. Learn about the history, health benefits and a variety of ways to prepare and savor these berries.

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