

MARCH 2013

# BLUEBERRIES



*Blueberries combine the best of two worlds: attractive landscape plants and delicious fruit! Researchers call the blueberry a “Superfruit” and attribute many health benefits to eating the delicious blue sweet to tart flavoured berries. They are one of the best sources of antioxidants and are beneficial fighting many diseases, managing your weight, aiding in cholesterol and high blood pressure control, and - oops, I almost forgot – they also improve your memory! Eaten fresh (or from the frozen state) they can be used in every meal and snack!*

Blueberries are an excellent choice for the urban garden. Glossy green leaves turn an orange-red to bronze in fall, revealing an attractive twiggy shrub whose branches have beautiful red tones (perfect in floral arrangements). Pinkish-white, bell-shaped flowers in mid spring. Two varieties blooming concurrently, will ensure better fruit set through cross pollination. In B.C., the most productive highbush blueberry region of the world, blueberries are harvested from July through October.

**Vaccinium ‘Bluecrop’ (Bluecrop Blueberry)** Zone 4 - The most widely planted variety here in North America. Medium-large firm berries with great flavour in mid season. 1.25-1.75mH/W.



**Vaccinium ‘Duke’ (Duke Blueberry)** Zone 4 – An upright, rounded blueberry that flowers late, avoiding most frosts, but ripens early! Produces large, medium-blue crisp berries. Orange to burnt yellow fall colour. 1.75mH x 1.25mW.

**Vaccinium ‘Northcountry’ (Northcountry Blueberry)** Zone 3 - University of Minnesota half-high hybrid Blueberry (*V. corymbosum* x *V. angustifolium*). Sweet, mild flavored berries. Low growing variety with tall aspirations as they are apparently grown on balconies in Manhattan! Cold hardy. Scarlet fall foliage. 1.0m H/W.



**Vaccinium ‘Pink Lemonade’ (Pink Lemonade Blueberry)** Zone 4 – Pale green berries ripen to a surprising pink blueberry! Glossy green foliage turns yellow & orange, red in fall. Vigorous growth habit. 1.0m H.

**Vaccinium ‘Top Hat’ (Top Hat Blueberry)** Zone 4 - A very compact and dense variety. Developed at Michigan State University as a cross between *V. corymbosum* x *V. angustifolium*. Excellent choice for containers due to its dwarf habit. Orange-red fall foliage. Suitable for bonsai! 50cm H/W.



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