



## **Vaccinium corymbosum**

### *Blue Berries*

Could blue berries be the world's healthiest food? Well considering blue berries have the highest antioxidant capacity of all fruit, maybe they are!

Blue berries are easy garden shrubs which are generally trouble free from pest and diseases. They should be planted in an open sunny position where they will grow to approximately 1,5 m in height and have a 1 – 2 m spread. They enjoy a moist acid soil, so ensure you mulch them well. A pine bark based mulch will be perfect to provide them with the acidity which they love. Regular water and organic feed will lead to greater yields too.

Attractive small, white cup shaped flowers are followed by delicious bunches of berries that are generally harvested in midsummer. These are easy to pick and make for perfectly timed Christmas Pavlova!

Prune your blue berry bush back in winter by cutting back old dry stems, when doing this keep in mind that blueberries fruit on the tip of the previous season's growth. Pruning will encourage new growth and will result in larger earlier fruit for the next season.

All in all blue berries are easy to grow and care for and ensure you have a constant supply of fresh fruit all summer!