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**Free Leaflet**

**BLUEBERRIES: THE TASTY BERRY THAT'S BIG ON HEALTH**

What's the latest in blueberry health news? Go to the experts! In a new leaflet, "The Tasty Berry That's Big on Health," three leading researchers describe what they've learned. Read what they have to say about their own blueberry research and, as a bonus, learn their favorite ways to enjoy the blues at home.

You'll find plenty of quick tips for ways to get more delicious blueberries into your diet any time of year. The leaflet also offers blueberry buying and storage tips.

To order this free information-packed leaflet, e-mail your request to [tastyberry@blueberry.org](mailto:tastyberry@blueberry.org) or send a self-addressed, business-size (#10) envelope to:

**The Tasty Berry**  
c/o U.S. Highbush Blueberry Council  
2390 East Bidwell, Suite 300  
Folsom, CA 95630

Also, visit [www.blueberry.org](http://www.blueberry.org) for more blueberry information and recipes.