

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Aronia berries are small, dark purple berries that grow on shrubs. They look similar to blueberries but have a stronger, more tart taste.

## HOW DO I GROW?

Aronia berries grow on shrubs that produce white flowers in the spring. In the summer, these flowers turn into green berries. By late summer or early fall, the berries ripen and become dark purple or black.

## NUTRITIONAL FACTS

Aronia berries contain vitamins, fiber, and antioxidants. Aronia berries are considered one of the healthiest berries.

## FUN FACT

Aronia berries have more antioxidants than many popular berries. They are often used in juices, smoothies, jams, and even teas because of their health benefits.

## ARONIA BERRIES

