

Harvest of the Month

Network for a Healthy California



Native Berries

Do you know about
native berries?



Did you know
that **native**
berries
are a **fruit**?



I just thought you
might like to know.

Did you know that **native berries** can be found growing on bushes in the wild?



I just thought you might like to know.

Did you know that there are many types of **native berries** that grow in Humboldt County?



Huckleberries



Blackberries



Salmon
Berries



Salal Berries



Red
Huckleberries

I just thought you might like to know.

Did you know that
native berries give
you **Vitamin C**?

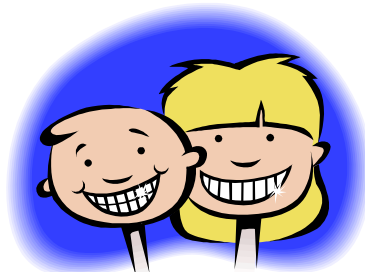
Vitamin C



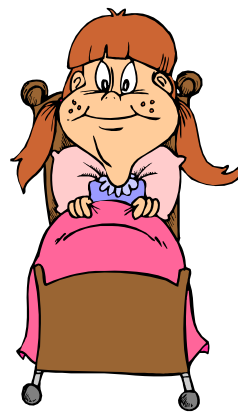
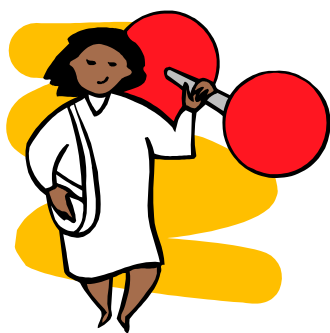
Holds bones together



Helps cuts



Helps teeth and gums for a beautiful smile



Helps keep blood strong to keep you healthy

I just thought you
might like to know.