

INDIAN ROCK FLYER 6/17/19



APRICOT- CALIFORNIA PRODUCES ABOUT 95% OF APRICOTS IN THE U.S.*APRICOTS ARE A MEMBER OF THE ROSE FAMILY. *APRICOTS HAVE BEEN AROUND FOR OVER 4000 YEARS.

WASHINGTON STATE CHERRIES - OF THOSE 1,000, ONLY ABOUT TEN VARIETIES ARE PRODUCED COMMERCIALY, BUT THEY'RE PUT TO GOOD USE: EVERY TREE PRODUCES ABOUT 7,000 CHERRIES OR, IF YOU PREFER TO THINK ABOUT IT IN REAL TERMS, ABOUT THIRTY PIES' WORTH. THE AMERICAN CROP OF MORE THAN 300 MILLION POUNDS OF CHERRIES



BLUEBERRY FULL PINTS- The blueberry is one of the only foods that is truly naturally blue in color*People have been eating blueberries for more than 13,000 years.*The blueberry is one of the only commercially-available fruits that is native to North America.*Blueberries were called "star fruits" by North American indigenous peoples because of the five-pointed star shape that is

formed at the blossom end of the berry.*A single blueberry bush can produce as many as 6,000 blueberries per year.



CHANTRELLE MUSHROOM THEY ARE AMONG THE MOST POPULAR OF WILD MUSHROOMS THEY ARE ORANGE, YELLOW OR WHITE, MEATY AND FUNNEL-SHAPED. ON THE LOWER SURFACE, UNDERNEATH THE SMOOTH CAP, MOST SPECIES HAVE GILL-LIKE RIDGES THAT RUN ALMOST ALL THE WAY DOWN ITS STIPE, WHICH TAPERS DOWN SEAMLESSLY FROM THE CAP. MANY SPECIES EMIT A FRUITY AROMA, REMINISCENT OF APRICOTS, AND OFTEN HAVE A MILDLY PEPPERY TASTE



FRESH MINT FUN FACTS - MINT ESSENTIAL OIL AND MENTHOL ARE USED WIDELY IN BREATH FRESHENERS, DRINKS, ANTISEPTIC MOUTH RINSES, TOOTHPASTE, CHEWING GUM, DESSERTS AND CANDIES.