

Blaeberry

(*Vaccinium myrtillus*)

This little fruiting shrub is known by various names across the UK, such as Bilberry or Whinberry, in Scotland we know it as Blaeberry. Commonly found in heather moorland and identified by its bright apple-green foliage. Its edible blue black berries are in season around August time and make a tasty snack when out in the hills.



- **Edible.**
- **Great vitamin C boost when out walking.**
- **Can be added to your water bottle to give it some flavour.**
- **Can be made into jams and sauces.**
- **Bright apple-green foliage with blue black berries from late July into Aug – Sept.**
- **Before the berries become ripe the fruit is a pinky red colour.**
- **There are several wild edible fruits available in Scotland, why not research this as a S.T.E.M project.**
- **Proper identification is crucial. Don't munch on a hunch!**

