FRUITS & VEGGIES

How To Easily Grow An Unlimited Supply Of Blueberries In Your Own Home

By bestfolkmedicine · 12/12/2018 · 3 min read



As you may already know, berries, especially blueberries, are considered to be one of the most potent superfoods in the world. Besides being tasty and healthy,they are also very versatile when it comes to their use.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

From consuming them raw or adding them to smoothies and baking goods, these fruits have so much to offer. Therefore, ensure you include them in your diet. Below,check out a list with the major health advantages that blueberries have to offer...

The Best Health Benefits of Blueberries

According to Life Coach Code, here is how blueberries enhance your health:

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

- Avert blood cholesterol problems
- Keep the brain function optimal and decrease risk of memory loss
- Rich in nutrients and low on calories (a cup of blueberries contains 3.7 grams of fiber,24 percent of the vitamin C RDA, and 36 percent of the vitamin K RDA)
- Lower the blood pressure and minimise risk of cardiovascular problems
- Abundant in antioxidants that decrease aging signs, DNA damage, and cancer risk

How to Grow Blueberries at Home

After you learn this method, you will always have fresh and organic blueberries at hand. Let us check it out below:

- **Find the adequate place**

Your blueberry bush, in addition to quality soil, also needs a lot of sunlight for proper growth. If you have a bigger garden, you can opt for raised beds; in case you live in an apartment or a smaller area, you can opt for a patio container.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

- **Ensure there is enough space**

Blueberry bushes need up to 6 feet of space. For more bushes, put them in a 2.5 to 3 feet distance in between.

- **Now, the planting**

In most parts of the world, it is best to plant the bush in spring or fall. Ruffle the roots with your hands and place it into the soil. Cover it with additional soil and pat down the top layer. Pour water. The best soil for blueberries is acidic with a pH of 5.0. The soil also needs to have a drainage system.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

- **Mulching**

You can use sawdust, pine bark, grass clipping, and rind mulch. This will maintain the soil's moisture and lower the growth of weeds. Repeat the mulching once per year- do not use cedar or redwood rinds or saw dust.

- **Time for pruning**

Once the bush begins thriving, you need to prune it regularly. This will allow the strong branches to grow properly and encourage further growth. Also, this will prevent excessive fruiting. As a result, the fruits available will stay large enough. Cut dead branches with clippers or scissors. When pruning your blueberry, remove the low growths near the bottom,eliminate any dead wood, and cut discolored or too short branches.

- **Fertilization**

Use organic fertilizers only. They are not just good for the plant, but for the environment too! Fertilize in early spring when the leaves are waking up from dormant state and then once more after pruning.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

Extra Tips

- **If properly grown, the blueberry bush will produce fruits for at least 4 to 5 decades**
- **You can plant at least two distinct blueberry varieties for cross pollination**

Sources:

LIFE COACH CODE

QUICKCROP

TELEGRAPH

Read online: https://bestfolkmedicine.com/2018/12/how-to-easily-grow-an-unlimited-supply-of-blueberries-in-your-own-home/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.