

# Lazy Brook Farm

## High Bush Blueberries



Prices in effect from January 2010

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Garry Messom and Darlene Hill are the proud owners of 65-acre Lazy Brook Farm in Waterville, Nova Scotia and have been certified organic with the Maritime Certified Organic Growers since 2004. Twice a year we travel to Lazy Brook Farm to pick up a large blueberry order for Ellora—once in the spring, and once in the fall.

**In early January we purchased the last of the 2009 crop; berries are available on a first-come, first-served basis. Quantities are limited, so please order early!**

**Certified Organic Blueberries, 5-pound box**

**\$24.00**

Blueberries are a great fruit to keep in your freezer and eat regularly. They're nutritional powerhouses packed with antioxidants, and can help boost your health in a number of ways by:

- decreasing your risk of cancer
- preventing heart disease and stroke by reducing bad cholesterol
- guarding against Alzheimers and other neurological diseases
- combating the effects of aging
- reversing short-term memory loss
- relieving arthritis inflammation
- fighting infection and boosting the immune system
- promoting urinary tract health
- optimizing vision health and reversing causes of macular degeneration and blindness
- protecting from allergens

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**ellora natural & organic foods**

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