

Top Ten Nutritionally Dense Fruit To Grow In Ohio

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1. Blueberries

- **Why?** Packed with antioxidants (anthocyanins), fiber, and vitamins C/K. Supports brain and heart health.
- **Best Varieties for Ohio:** *Northern Highbush* (cold-hardy), *Hannah's Choice* (disease-resistant) 14.
- **Growing Tips:** Requires acidic soil (pH 4.5–5.5); mulch with pine needles.

2. Apples

- **Why?** High in fiber (pectin) and quercetin, linked to reduced cancer risk and improved gut health.
- **Best Varieties:** *Honeycrisp*, *Liberty* (disease-resistant), *Arkansas Black* (stores well) 1015.
- **Growing Tips:** Plant in full sun; prune annually for airflow.

3. Blackberries

- **Why?** Rich in fiber (7.6g/cup), vitamin C, and manganese. Anti-inflammatory properties 1112.
- **Best Varieties:** *Triple Crown* (thornless), *Chester* (cold-tolerant) 15.
- **Growing Tips:** Trellis for support; prune old canes post-harvest.

4. Raspberries

- **Why?** High in polyphenols and fiber (8g/cup). Aids digestion and blood sugar control 11.
- **Best Varieties:** *Heritage* (everbearing), *Caroline* (disease-resistant) 15.
- **Growing Tips:** Plant in well-drained soil; avoid overcrowding.

5. Strawberries

- **Why?** Excellent source of vitamin C and ellagic acid (anti-cancer). Low-calorie and versatile 212.
- **Best Varieties:** *Jewel* (June-bearing), *Albion* (day-neutral) 2.

- **Growing Tips:** Use straw mulch to prevent rot; rotate beds yearly.

6. Elderberries

- **Why?** Immune-boosting flavonoids and vitamin A. Used in syrups for cold prevention 215.
- **Best Varieties:** *Adams*, *York* (native to Ohio) 15.
- **Growing Tips:** Thrives in wet soils; prune to encourage fruiting.

7. Pawpaws (Ohio's native fruit)

- **Why?** Creamy texture with vitamins C/A, magnesium, and iron. Rare but nutrient-dense 15.
- **Best Varieties:** *Sunflower*, *Susquehanna* 15.
- **Growing Tips:** Plant in shade; requires cross-pollination.

8. Figs (*Cold-hardy varieties*)

- **Why?** High in calcium, fiber, and prebiotics. Supports bone and gut health 13.
- **Best Varieties:** *Chicago Hardy*, *Brown Turkey* (survive Zone 6 winters with protection) 13.
- **Growing Tips:** Plant near south-facing walls; mulch heavily in winter.

9. Plums

- **Why?** Rich in vitamin C and anthocyanins. Supports heart health and skin vitality 15.
- **Best Varieties:** *Stanley* (European), *Methley* (Japanese) 15.
- **Growing Tips:** Thin fruit to prevent branch breakage.

10. Cherries (*Sour varieties*)

- **Why?** Anti-inflammatory melatonin and vitamin C. Tart cherries aid sleep and recovery 15.
- **Best Varieties:** *Montmorency*, *North Star* (cold-hardy) 15.
- **Growing Tips:** Net to protect from birds; prune for sunlight penetration.

Key Growing Considerations for Ohio 21014:

- **Soil Prep:** Test pH (most fruits prefer 6.0–6.5, except blueberries).
- **Pollination:** Many fruits (apples, [plums](#)) need cross-pollinators—plant at least two varieties.
- **Winter Care:** Mulch roots and protect figs/pawpaws from frost.

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