

# Harvest of the Month



November



Cranberries

## **Nutrition Info**

One cup of cranberries contains 50 calories.

Cranberries are an excellent source of vitamin C and fiber.

## **Fun Facts**

Cranberries were first used by Native Americans for food, fabric dye, and medicine.

Only 5% of cranberries are sold fresh. The remaining 95% are turned into cranberry juice, cranberry sauce, and other cranberry products.

Wisconsin is the nation's #1 cranberry producer!

Another name for cranberries is "bounce-berries" because they bounce when ripe.

## **Uses**

Add fresh cranberries to smoothies or muffins, or dried cranberries to salads.

Cranberries can be a bit tart on their own, but they pair well with sweeter fruits such as apples!

## **Family Friendly Activities**

Read "Cranberry Thanksgiving" by Wende and Harry Devlin.

While cooking cranberries, watch them change. They will float and pop!

Have your child help rinse fresh cranberries. They can even try to bounce a cranberry to see if it's ripe!



## **Pick:**

- Choose plump cranberries that are red, shiny, and firm to the touch.
- Berries that are discolored or shriveled should be tossed.

## **Store:**

- Fresh cranberries can be refrigerated up to 1 month or frozen for up to a year.
- Cooked cranberries can be refrigerated for a few days or frozen for up to 6 months.

## **Prepare:**

- Enjoy cranberries cooked, fresh, canned, frozen, or dried.
- Rinse fresh cranberries under cold water before using.

## Nutrition Facts

Serving Size 1/2 cup (132g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 35
	% Daily Value*
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 15g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Cranberry Rice Pilaf

serves 8 (1/2 cup per serving)

### Ingredients:

- 1/2 cup brown rice
- 1/2 cup wild rice
- 1 3/4 cup chicken broth (low sodium)
- 1/4 cup orange juice
- 2 Tbsp. olive oil
- 2 tsp. brown sugar
- 1 1/2 cup diced onion
- 1 cup dried cranberries

### Directions:

In a medium pot, combine rice, broth and orange juice. Bring to a boil, then reduce heat and simmer until tender (about 45 minutes). Meanwhile, stir together oil and sugar until dissolved. In a sauté pan, combine onions with the oil mixture and cook over low to medium heat until onions are browned and sweet (about 40 minutes). Stir onions and cranberries into the cooked rice mixture, serve hot. Add cooked chicken for an easy meal!

For more information on Farm2School & Foot Steps to Health visit:  
[www.GetActiveLacrosse.org](http://www.GetActiveLacrosse.org)!

Color  
Cranberries!

