

# Harvest of the Month



**December**



**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 discarded.

## **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.

## Cran-Apple Breakfast Bake

Serves 12 (1/12th of pan)

### Nutrition Facts

Serving Size 1/12th of pan (153g)  
Servings Per Container 12

Amount Per Serving		% Daily Value*	
<b>Calories</b> 220	<b>Calories from Fat</b> 45		
<b>Total Fat</b> 5g			8%
Saturated Fat 2.5g			13%
Trans Fat 0g			
<b>Cholesterol</b> 10mg			3%
<b>Sodium</b> 35mg			1%
<b>Total Carbohydrate</b> 42g			14%
Dietary Fiber 6g			24%
Sugars 23g			
<b>Protein</b> 4g			
Vitamin A 4%		Vitamin C 10%	
Calcium 2%		Iron 6%	

\*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

### Ingredients:

- 9 cups sliced unpeeled apples (can substitute 1.5 cups blueberries for 1.5 cups apples)
- 2 cups cranberries
- ¼ cup sugar
- 2 Tbsp. whole wheat flour
- 1 tsp. cinnamon
- 1 ½ cups oatmeal
- ¾ cup whole wheat flour
- ½ cup brown sugar
- ½ cup butter, melted
- 2 Tbsp. warm water

### Directions:

Preheat oven to 350 degrees. In a medium bowl combine apples, cranberries, sugar, 2 Tbsp. flour and cinnamon; toss to coat. Spread fruit mixture in a 9x13 pan. In a separate bowl, combine oatmeal, ¾ cup whole wheat flour, brown sugar, butter, and water; mix well. Spoon oatmeal mixture on top of the fruit. Bake for 50 minutes or until topping is brown and fruit is soft.

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

Color  
Cranberries!

