

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

The cranberry is one of North America's three native fruits. 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.

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

Wisconsin is the nation's #1 cranberry producer!

Uses

Add them to smoothies, breads, and muffins.

Top salads with dried cranberries.

Combine unsweetened cranberry juice with your favorite fruit juice to develop a sweet and sour beverage.

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, canned, frozen, dried or in 100% fruit juice.
- Rinse fresh cranberries under cold water before using.

Autumn Breakfast Bake

Serves 12 (1/12th of a pan)

Nutrition Facts

Serving Size 1/12th of pan (185g)
Servings Per Container 12

Amount Per Serving

Calories 290 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 70mg **3%**

Total Carbohydrate 52g **17%**

Dietary Fiber 6g **24%**

Sugars 32g

Protein 4g

Vitamin A 6% • 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 *
- 2 cups cranberries, fresh or frozen
- ½ cup sugar
- 2 tablespoons whole wheat flour
- 1 teaspoon cinnamon
- 1 ½ cups oats
- ¾ cup whole wheat flour
- ¾ cup brown sugar
- ½ cup butter, melted
- 2 tablespoons warm water

*substitute 1 ½ cups fresh or frozen blueberries for 1 ½ cups of apples for a fun twist!

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. Cool slightly then serve.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLacrosse.org!

Color
Cranberries!

