



Harvest of the Month CRANBERRIES

Why We LOVE Cranberries!



Cranberries are a wonderful berry that provides Vitamin C and fiber along with other nutrients.

Cranberries are versatile and can be prepared a variety of ways.

Cranberries can be eaten alone or used in other recipes.

Cranberries are great in baked goods like muffins and quick breads.

Cranberries can be eaten year round, not just at Thanksgiving!

Cranberries can be dried and eaten as a healthy, nutritious snack.

Cranberries taste great!

Meet the Farmers:



Growing Cranberries in Wisconsin: Wisconsin is the nation's leading producer of cranberries, harvesting more than 60 percent of the country's crop. The little red berry, Wisconsin's official state fruit, is the state's number one fruit crop, both in size and economic value.

Cranberries are grown on 21,000 acres across 20 counties in Wisconsin. The sand and peat marshes in central and northern Wisconsin create the perfect growing conditions for cranberries.

<http://www.wiscran.org/cranberries/>

Nutrition Facts

Serving Size 1 cup raw cranberries (100g)
Servings Per Container 1

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 5g 20%

Sugars 4g

Protein 0g

Vitamin A 2% • Vitamin C 20%

Calcium 0% • Iron 2%

Source: snaped.fns.usda.gov

FUN FACTS:

- The cranberry was declared as Wisconsin's official state fruit in 2004.
- Cranberries are used in more than 1,000 food and beverage products. Only 5% of the cranberry crop is sold as fresh.
- Europeans named the fruit "crane berry" because they thought the cranberry blossom looked like the head of a sandhill crane.
- Wisconsin is the nation's number one cranberry producer!!!
- Another name for cranberries is "bounce-berries" because they bounce when they are ripe.

RECIPE: Snack Mix

Ingredients:

2 cups crispy rice or wheat cereal squares

1/2 cup roasted whole pumpkin seeds

1/3 cup slivered almonds

1/2 cup dried cranberries

1/2 cup raisins

Makes 8 servings

<https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>

Directions:

1. Combine all ingredients
2. Store in airtight container



What is Farm to School?

The Farm to School Program in Waupaca County is serviced by two positions, the nutrition educator and the community outreach coordinator. The goals of Farm to School are to increase opportunities for students and families to try fresh, local foods and also to connect local growers and producers to schools, families, and other community food service facilities as a viable resource for fresh, local, wholesome foods.

How To:

Select:

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 for 1 month or frozen for up to 1 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. They can be added to smoothies, muffins, or quick breads; dried cranberries can be added to salads. Pair them with a sweeter fruit as they can be a little tart.

Rinse fresh cranberries under cold water before cooking or using in recipes.

Additional Resources:

<http://waupaca.uwex.edu/4-h-youth-development/community-youth-topics/farm-to-school-program/>
<http://www.farmtoschool.org/> ◇ <http://www.farmtoschool.org/our-network/Wisconsin>
<http://public1.co.waupaca.wi.us/FarmFresh/> ◇ www.nutrition.gov ◇ www.choosemyplate.gov
<http://www.farmfreshatlas.org/> ◇ www.fruitsandveggiesmorematters.org ◇

Please contact Waupaca County UW-Extension for more information at 715-258-6230