

HARVEST OF THE MONTH NOVEMBER: CRANBERRIES

Cranberries

AVAILABILITY

Cranberries are available fresh, frozen, canned, dried and as 100% juice.

SELECT

Select fresh cranberries that are firm, plump and have a deep red color.

STORE

Refrigerate up to 2 months or freeze for up to 9 months

USES

- Toss cranberries into oatmeal, cereal or salads.
- Mix dried cranberries, cereal and nuts for a trail mix.

Cranberry Facts

- Cranberries are the state fruit of Wisconsin!
- More than half of the entire world's supply of cranberries is grown in Wisconsin!
- Cranberries grow on low running vines in bogs.
- Cranberries float on water because they have four air pockets inside them.
- Cranberries have antioxidants to keep our cells healthy and vitamin c to help our immune system.



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Fun with Cranberries

Taste Test: fresh cranberries, canned and dried ones.

Use your five senses to observe, smell, feel, listen, and taste the cranberries. Ask questions like:

- What do cranberries look like? taste like?
- How do the cranberry varieties taste similar or different?
- Which variety of cranberries is your favorite?

Sink or Float? Drop fresh (not dried) cranberries into a bowl or glass of water. Observe what happens. Next take a knife and cut the cranberry in half. Look at the inside of the cranberry.

Cranberries have four air pockets inside them. The air pockets let them float on water!



Recipe: Cranberry Oatmeal Balls

Ingredients

- 1 cup oats (quick-cooking or old fashioned rolled)
- $\frac{1}{3}$ cup chopped almonds or other nuts (optional)
- $\frac{1}{3}$ cup peanut butter or other nut butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{3}$ cup dried cranberries

Directions

In a medium bowl, combine all ingredients until well mixed. Form mixture into 18 balls about 1-inch wide. Place balls on a baking sheet. Refrigerate for 30 minutes.

<https://snapedny.org/recipes/cranberry-oatmeal-balls/>



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