

# HARVEST of the MONTH CRANBERRIES



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: [massfarmtoschool.org/hotm](https://massfarmtoschool.org/hotm)

Cranberries and cranberry juice have a lot of antioxidants. They are excellent sources of vitamin C.

## Healthy Serving Ideas

**Oatmeal:** Add dried cranberries to your morning hot cereal for a boost of Vitamin C.

**Relish:** Chop up a cup of cranberries. Mix with a peeled & diced apple and a little honey for a relish to put over your favorite roasted meats.

**Poached Cranberries:** Boil 2 cups of fresh cranberries with 1/2 cup maple syrup, 2 TB of orange juice, and 2 tsp chopped rosemary until cranberries pop (about 10 minutes). Use as sauce over chicken, or roasted butternut squash.

## Where to Find Local Cranberries

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

## Harvest of the Month Book Club

Gr. K-5: [Time for Cranberries](#) by Lisl H. Detlefsen

Gr. 6-8: [Cranberries: Fruit of the Bogs](#) by Diane L. Burns

Gr. 9-12: [Massachusetts Cranberry Culture: A History from Bog to Table](#) by Robert S. Cox & Jacob Walker

## Fun Facts

- The cranberry is one of North America's three native fruits. The other native fruits are blueberry and concord grape.
- Cranberries bounce when you drop them! That's because each cranberry has four air pockets inside.

## At-Home Activity

### Homemade Cranberry Sauce & Taste Test

Making homemade, healthy cranberry sauce is an easy and delicious activity to do with kids!

1. Add one bag (12 oz.) of fresh cranberries into a pan.
2. Add 1/4 cup sugar and 3/4 cup orange juice to the pan.
3. Heat on low and cook until cranberries get soft and pop (about 10-15 minutes).
4. Pour into a bowl to cool. Then enjoy!

Have a taste test comparing your cranberry sauce to canned cranberry sauce.



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

## Cranberry Purchasing Pointers

- Choose bags of firm, plump, smooth berries that are dark to light red in color.
- Avoid bags that contain shriveled, soft, or moldy berries.
- Refrigerate fresh cranberries in their unopened plastic bag for up to 1 month.