

HARVEST OF THE MONTH
 NEWSLETTER 11/2020
**FUN FACTS**

- Cranberries were first used by Native Americans for food, fabric dye, and medicine.
- 95% of cranberries are turned into cranberry juice, sauce and other cranberry products.
- Wisconsin is the nation's #1 cranberry producer!

NUTRITION INFO

One cup of cranberries contains 50 calories and are excellent sources of vitamin C and fiber.

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 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. Rinse cranberries under cold water before using.

USE

Add fresh cranberries to smoothies or muffins, or dried cranberries to salads. Cranberries can be tart on their own, but they pair well with sweeter fruits like apples!



Cranberry Rice Pilaf

Serves 8

Ingredients:

- ½ cup brown rice
- ½ cup wild rice
- 1 ¾ cup chicken broth (low sodium)
- ¼ cup orange juice
- 2 Tbsp. olive oil
- 2 tsp. brown sugar
- 1 ½ cup diced onion
- 1 cup dried cranberries

Directions:

In a medium pot, combine rice, broth and orange juice. Bring to a boil, then reduce heat and simmer until tender (about 45 minutes). Meanwhile, stir together oil and sugar until dissolved. In a sauté pan, combine onions with the oil mixture and cook over low to medium heat until onions are browned and sweet (about 40 minutes). Stir onions and cranberries into the cooked rice mixture, serve hot.
 Add cooked chicken for an easy meal!

Per serving (1/2 cup): 180 calories, 4g fat, 3g protein, 32g carbohydrate, 2g fiber, 30mg sodium

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