

**HARVEST OF THE MONTH
 NEWSLETTER NOVEMBER 2022**

FUN FACTS

- Cranberries were first used by Native Americans for food, fabric dye, and medicine.
- Cranberries are the state fruit of Wisconsin!
- 62% of the cranberries grown in the United States come from Wisconsin.

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 Oatmeal Bars
laxf2s.org

Serves 24

Ingredients:

- 1 cup dried cranberries
- 3/4 cup brown sugar
- 1/2 cup oil (canola or vegetable)
- 2 eggs
- 1 1/2 cups all-purpose flour
- 1 1/2 cups quick cooking oats
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- Optional: 1/4 cup chopped nuts

Directions:

Preheat oven to 350°F. Spray a 9 inch by 13-inch baking pan with nonstick cooking spray. Finely chop the dried cranberries. Beat together brown sugar, oil, and eggs using a whisk or electric mixer in a large mixing bowl. Stir together flour, oats, baking powder, and salt in a medium mixing bowl. Stir dry ingredients into wet ingredients until combined. Stir in cranberries and nuts. Spread the dough evenly in the pan. Bake until lightly browned and the center is set (about 20 minutes). Cool completely before cutting.

Per serving: 140 calories, 6g fat, 2g protein, 21g carbohydrate, 1g fiber, 55mg sodium

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