

Harvest of the Month

Cranberries

Calories

51

Total Fat

0g

1
cup

Sodium

2mg

Sugars

4g

FUN FACTS:

These scarlet red, tart and tangy berries are tiny but potent “superfruits.” They score among the highest of all fruits in antioxidants which help with memory retention and coordination.

Wisconsin is the #1 cranberry producer in the U.S., producing yearly almost 5 million barrels (weighing 100 pounds each) of cranberries. There are 333 berries in a pound, and it takes around 4000 cranberries to make 1 gallon of juice.

The cranberry, blueberry and Concord grape are the only fruits native to North America.

This institution is an equal opportunity provider.

