

DID YOU KNOW?

NOVEMBER IS CRANBERRY MONTH

FACT #1

It is often thought that cranberries are grown under water but this is not true. If you ever see photos of cranberries floating on top of water this is a result of wet harvesting. When it is time for harvest cranberries can be harvested either using a wet or dry method.

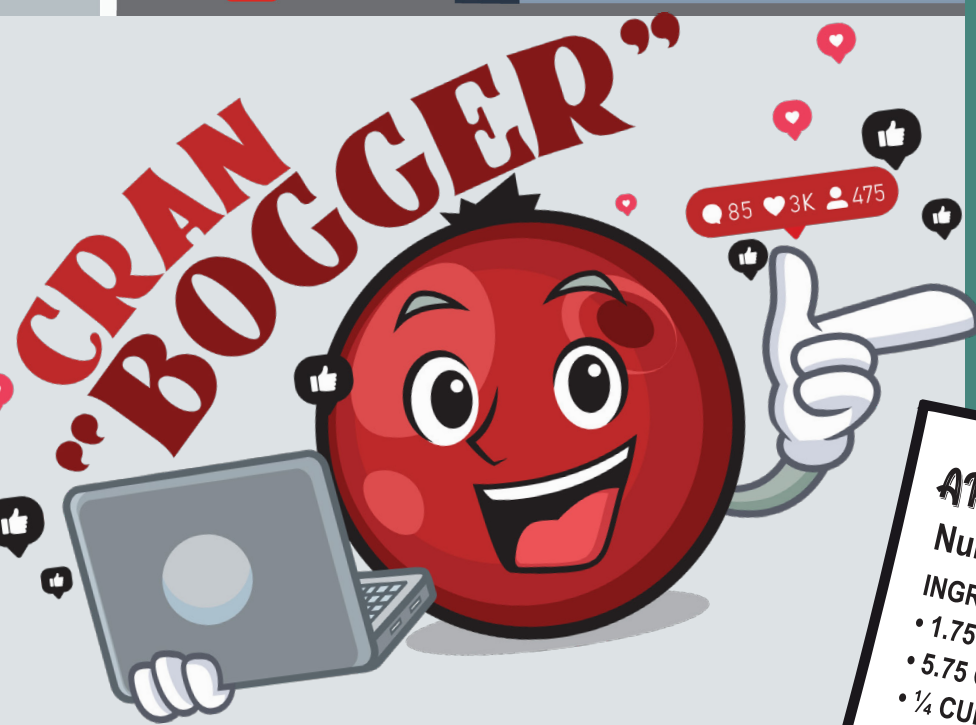
FACT #2

You can find cranberries in many different forms including fresh, frozen, canned, dried, and juice! All forms of cranberries count as a fruit choice. A popular time for cranberry consumption is at Thanksgiving because cranberry sauce is often served.

FACT #3

November is a great month to buy fresh cranberries while they are still in season and budget friendly. If you can't finish them all before they go bad you can freeze the rest and enjoy later in a smoothie!

“CRANBOGGER”



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

APPLE CRANBERRY COLESLAW

Number of Servings: 6 • Serving Size: ½ cup

INGREDIENTS:

- 1.75 CUPS OF SHREDDED CABBAGE
- 5.75 OZ OF RED DELICIOUS APPLES
- ¼ CUP OF DRIED CRANBERRIES
- ⅛ CUP OF HONEY
- ⅛ CUP OF APPLE CIDER VINEGAR
- ⅛ CUP OF OLIVE OIL
- 1 TBSP OF LEMON JUICE

DIRECTIONS:

CHOP THE APPLES (SKIN ON) INTO THIN STRIPS. IN A LARGE BOWL COMBINE THE CABBAGE, APPLES, AND CRANBERRIES. IN A MEDIUM BOWL WHISK TOGETHER THE HONEY, VINEGAR, OLIVE OIL, AND LEMON JUICE UNTIL EMULSIFIED INTO A DRESSING. ADD DRESSING TO THE CABBAGE MIXTURE AND STIR TO EVENLY COAT WITH DRESSING.