



# FAMILY NEWSLETTER

## NUTRIENTS FOUND IN CRANBERRIES

- Cranberries are filled with antioxidants that may help prevent cancer.
- Cranberries are an excellent source of vitamin C.
- Cranberries are a good source of dietary fiber, which aids in digestion.
- Cranberries contain compounds that have antibacterial effects on the body, as well as natural antibiotic ingredients.



## HEALTHY, FIT & READY TO LEARN

- Make sure your child eats a healthy breakfast so he/she has enough energy to listen and learn throughout the school day. Include fruits or vegetables, proteins, and whole grains to make a well-balanced meal.

## JUST FOR KIDS

Often, farmers harvest cranberries by flooding the fields where they grow. After flooding, they scrape the cranberries off the surface of the water. This means that when cranberries are placed in water, they float! Why do cranberries float? With adult supervision, try cutting a cranberry in half. Do you see anything special inside the cranberry that might allow it to rise to the surface?

## GROWN IN OREGON

In Oregon, most cranberries are grown in Coos and Curry counties along the southern Oregon coast. Farmers began cultivating cranberries in Oregon in 1885, but wild cranberries have been harvested from Oregon's bogs for hundreds of years.



## LIVING AND EATING GREEN

Recycle clean milk or juice jugs by using them as planters! Cut off the top of the jug and poke small holes in the bottom to allow water to drain through. Try growing herbs that you use in the kitchen. You can either keep the jug inside or outside in a sunny location.

# YOUR OREGON KITCHEN

## QUICK AND EASY

- Add cranberries to muffins, scones, and quick breads. Check out the muffin recipe below!
- Because cranberries are quite tart, try combining them with other fruits like blueberries to increase the sweetness without adding extra sugar!
- Add dried cranberries to salads for an extra sweet and sour pop!
- Mix dried cranberries with nuts and other dried fruits to make a healthy snack.
- Use cranberries in relishes, salsas, or chutneys.
- Make cranberry spreads for toast, pancakes, or waffles!



## PRODUCE POINTERS

- Buy cranberries at the peak of their season in late October and November.
- Look for bright, deep red cranberries. Those picked too early are pale and extremely sour.
- Avoid cranberries that are wrinkled, soft, or wet.
- Cranberries can be kept in the refrigerator for up to 1 month or frozen for use throughout the year!

# RECIPE: HARVEST OAT CRANBERRY MUFFINS

## INGREDIENTS:

### FOR THE MUFFINS

- 3 cups flour
- 2 cups oatmeal
- 1-1/2 cups brown sugar
- 2 Tbsp baking powder
- 1 tsp cinnamon
- 2 cups fresh Oregon cranberries
- 1/2 cup butter or margarine, melted
- 1-1/2 cups milk
- 1/2 cup sour cream
- 3 eggs

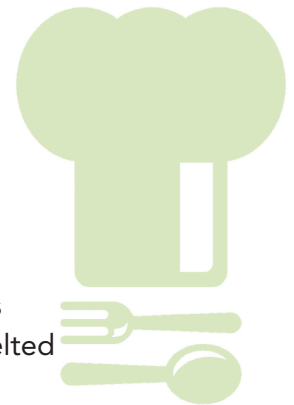
### FOR THE TOPPING

- 1/2 cup flour
- 1/2 cup oatmeal
- 1/2 cup brown sugar
- 4 Tbsp melted butter or margarine

## DIRECTIONS:

1. Pre-heat oven to 425 degrees
2. Mix the dry ingredients in a large bowl.
3. Mix the wet ingredients in a separate bowl.
4. Add the wet mixture to the dry ingredients and fold together gently. *Do not beat.*
5. Fill lightly greased muffin tins and sprinkle on topping. Bake for approximately 18 minutes.

Recipe from [www.wiscran.org](http://www.wiscran.org)



## RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.

**Find Out More:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/go/f2sgardens](http://www.ode.state.or.us/go/f2sgardens).