

# HARVEST OF THE MONTH NEWSLETTER NOVEMBER 2023



## Cranberries are The Harvest of the Month!

### Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

**Store** – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

**Prepare** – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

### Did you know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.



Nutritious, Delicious, Wisconsin!  
#WIHarvestOfTheMonth



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## Recipe of the month

### Cranberry Pumpkin Muffin

Serves 12

#### Ingredients:

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

#### Directions:

Wash hands with soap and water. Preheat oven to 400 °F. Sift together dry ingredients (flour through allspice) and set aside. Beat oil, eggs, and pumpkin together until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries. Spoon into paper lined muffin cups. Bake at 400 °F for 15 to 30 minutes.

Per serving: 203 calories, 7g fat, 3g protein, 32g carbohydrate, 2g fiber, 255 mg sodium

Source: laxf2s.org



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