



# early childhood ACTIVITY GUIDE CRANBERRIES

## LEARN



### facts

- Spanish translation: *el arándano*
- Hmong translation: *Txiv pos*
- Cranberries are the state fruit of Wisconsin. They are grown in bogs in Central and Northern Wisconsin.
- Cranberries float on water because they have four air pockets inside them.



## EAT



### CRAVE CRANBERRIES



### nutrition & seasonality

- Cranberries have antioxidants. Antioxidants protect our cells from damage.

#### Share with children:

Antioxidants protect our cells so we can keep growing and be healthy.

- Fresh cranberries grown in Wisconsin are typically available between September and October.

## TASTE



### taste testing

Give children fresh cranberries and dried ones. Encourage children to use their five senses to observe, smell, feel, listen, and taste the cranberries.

Ask questions like:

- What do cranberries taste like?
- What do cranberries look like?
- How do the cranberries taste similar or different?
- Which one is your favorite?



Dried  
Cranberries

Nutritious,  
Delicious,  
Wisconsin!

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## FUN



### activity: Sink or Float

**Ask** children if they think fresh cranberries will sink or float when placed in water. Allow children to drop fresh (not dried) cranberries into a bowl or glass of water. Observe what happens.



**Next** take a knife and cut the cranberry in half. Look at the inside of the cranberry. Cranberries have four air pockets inside them. The air pockets let them float on water! This explains why cranberries are harvested by knocking them off bushes into flooded bogs.

**Share pictures** and engage with the Harvest of the Month community by using #WIHarvestoftheMonth on social media.

## READ



### books

- *A Fruit is a Suitcase for Seeds*  
by Jean Richards
- *Fruit*  
by Sarah Anderson
- *Cranberries: Fruit of the Bogs*  
by Diane L. Burns



## GARDEN CONNECTION

### planting

Most cranberries are grown on large farms and it is hard to grow them at home. Cranberries are grown in sandy soil. It takes 2-3 years before plants start producing cranberries. Cranberries return year after year; you don't need to replant them.

### harvesting

Cranberry harvest starts in the fall. During harvest time the fields are flooded and the cranberries are removed from the vines. The cranberries float on top of the water! This makes it easier to remove them from the fields.