



ACTIVITY GUIDE

CRANBERRIES

LEARN



facts

- Spanish translation: *el arándano*
- Hmong translation: *Txiv pos*
- Cranberries are the state fruit of Wisconsin!
- The flower and stem of the cranberry resemble the neck, head, and bill of a sandhill crane. Early settlers called it the "crane berry", which was later shortened to cranberry.
- Cranberries are native to North America. More than half of the entire world's supply of cranberries is grown in Wisconsin.
- Cranberries grow on low running vines in bogs made up of layers of clay, gravel, peat, and sand. They do not grow in water.



EAT



nutrition & seasonality

- **Key nutrients:**
 - Antioxidants - Protect cells from damage.
 - Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.
 - Fiber - Keeps digestion running smoothly.
- Fresh cranberries grown in Wisconsin are typically available between September and October.

TASTE



taste testing

Compare fresh cranberries with dried cranberries. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the cranberries. Note observations on the board and discuss similarities and differences. Talk about how the fresh cranberries are like naturally sour candy!

— Credit: Amy Macemon,
FoodWise Nutrition Educator
and Healthy Communities Coordinator

CRAVE CRANBERRIES



FUN



activity: Sink or Float

Objective: Kids will observe whether cranberries sink or float in water.

Supplies: A glass or bowl of water, fresh (not dried) cranberries, and a small knife

Procedure: Ask kids if they think fresh cranberries will sink or float when placed in water. Allow kids 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.

— Activity provided by Kemānceqtaq: We're All Moving, a CDC-funded grant in Menominee County/Nation

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning:

This activity can be done at home if kids have access to fresh cranberries. Or, watch **Wisconsin Cranberries: Growing Strong**, a video on the Wisconsin cranberry industry featuring a brief overview of the economic, historic, and environmental importance of cranberries. <https://www.youtube.com/watch?v=PlbkxXAnlc>

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



Dried
Cranberries

Nutritious,
Delicious,
Wisconsin!

READ



books

- *Wisconsin Cranberries Activity Book* - www.wiscran.org
- *Time for Cranberries* by Lisl H. Detlefsen
- *Cranberries: Fruit of the Bogs* by Diane L. Burns
- *Cranberry (See It Grow)* by Jackie Lee

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.