



CRAVE CRANBERRIES



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Crave cranberries at home!

Cranberry Wojapi

Add 1 cup of dried cranberries, 2 cups of water, and 4 Tbsp sugar to a saucepan. Mix 2 Tbsp cornstarch with $\frac{3}{4}$ cup water and add to the saucepan. Bring to a simmer and cook, stirring occasionally, until the mixture is thick. *Wojapi is a traditional Native American berry sauce and dish.* — Recipe credit: MyPlate Kitchen

Family Fun: Sink or Float

Ask your kids if they think fresh cranberries will sink or float when placed in water. Allow your kids to drop fresh (not dried) cranberries into a bowl or glass of water. What happens? Next, take a knife and cut the cranberry in half. 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 Kem maceqtaq: We're All Moving, a CDC-funded grant in Menominee County/Nation

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

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