

Hello families!

Hope you're enjoying the beautiful fall colors and eating the delicious fall harvest! One of my favorite fall foods is apples, so I was excited to celebrate the Great Apple Crunch last month! During the Crunch, schools across the Midwest crunch into apples from local orchards. To celebrate, we bought two different apple varieties, Zestar and Cortland, from Theys Orchard in Luxemburg, WI. During their lunch, students tried the two apples and voted on their favorite. Students liked both apples, but most agreed that Cortland was their favorite. Woohoo!

The Harvest of the Month for November is cranberries, which students will try in the next taste test. Cranberries are full of antioxidants and Vitamin C. They're native to Wisconsin and are often eaten at Thanksgiving!

Anna & Emily



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.

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.

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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