

HARVEST OF THE MONTH:

Cranberry & Blueberry



Nutrition

Serving Size 148 g

Amount Per Serving

Calories 84

Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 14%

Sugars 15g

Protein 1g

Vitamin A 2% • Vitamin C 24%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

THREE REASONS FOR EATING BERRIES

1. Excellent source of vitamin C.

Eating berries is a boost to your immune system, which means less colds and fevers. One cup of cranberries has 22% of your vitamin C daily value.

2. Rich in fiber.

Fiber helps maintain a healthy digestive system. One cup of cranberries has 20% of your fiber daily value.

3. Great source of vitamin K.

Vitamin K helps heal cuts. One cup of blueberries has 36% of your vitamin K daily value.

PRODUCE TIPS

1. Choose blueberries or cranberries that are dry and shiny.
2. Rinse them under running water just before eating.
3. Blueberries and cranberries can be stored in the fridge for a few days.

SERVING IDEAS

- Add blueberries to your cereal or oatmeal for added fiber and flavor.
- Mash berries to make your own healthy jam.
- Top pancakes with fresh blueberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss blueberries into a spinach salad.
- Keep a bag of mixed berries in the freezer for smoothies or a quick, cool summer snack.
- Freeze your own berries by rinsing, patting dry with a towel, and placing on a baking sheet. Place baking sheet in the freezer for 2 hours. Store in a container or Ziploc bag for up to two months.

THE BLUEBERRY AND CRANBERRY ARE TWO OF THE THREE MAJOR FRUITS NATIVE TO NORTH AMERICA. (THE OTHER FRUIT IS THE CONCORD GRAPE.)

Cranberry & Blueberry Recipes

EASY CRANBERRY SAUCE

INGREDIENTS

- 1/4 cup orange juice
- 1/4 cup 100 percent cranberry juice
- 1 cup honey
- 4 cups cranberries (fresh or frozen)

DIRECTIONS

If using fresh cranberries, rinse. Combine the orange juice, cranberry juice and honey in a 2-quart saucepan over medium-high heat. Bring to a boil and then reduce the heat to medium-low and simmer. Add the cranberries and cook for 15 minutes, stirring occasionally, until the cranberries burst and the mixture thickens. Remove from the heat and cool for 5 minutes. Serve as a warm side or put in refrigerator to cool.

BLUEBERRY SUMMER SALAD

INGREDIENTS

- 2 cups blueberries
- 1 large peach, pitted and thinly sliced
- 2 ribs celery, thinly sliced
- 2 tablespoons parsley
- 2 tablespoons lemon juice
- 1 tablespoon olive oil

DIRECTIONS

In a large salad bowl, combine blueberries, peach slices, celery slices, parsley, lemon juice, and olive oil. Toss gently. Serve immediately or cover and refrigerate up to 2 hours.

PUMPKIN CRANBERRY BREAD

INGREDIENTS

- 1 cup Flour
- 3/4 cup whole wheat flour
- 1 tsp baking soda
- 1/2 tsp nutmeg
- 1 1/2 cup pumpkin puree
- 1/4 cup oil
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 2 eggs
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/3 cup chopped cranberries

DIRECTIONS

Mix all dry ingredients together first, then add in the remaining ingredients. Pour into loaf pan. Bake at 350 for 45-50 minutes, or until knife comes out clean. Let cool and enjoy!

FROZEN BLUEBERRY PIE

INGREDIENTS

- 2 cups graham cracker crumbs
- 4 Tablespoons coconut oil
- 1 Tablespoon coconut
- 2 cups of frozen blueberries
- 2 cups yogurt

DIRECTIONS

Put graham cracker crumbs, coconut oil and coconut in a food processor and process until it begins to hold together. Press the graham cracker mixture into the bottom of a pie plate. Spread plain yogurt on top of the crust and top it with blueberries. Freeze for 1 hour. Enjoy!