

This month
we're celebrating
cranberries



Discovery
KITCHEN

FUN FACT!

If you strung together all
of the **cranberries** grown
in North America it would
stretch from Los Angeles
to Boston more than
565 times!

That's a lot of cranberries!

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DID YOU KNOW?

**Vitamin C, Fiber, and
Antioxidants - OH MY!**

Cranberries are packed full of these amazing nutrients that have endless benefits to your health!

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FUN FACT!

**Cranberries love
bumblebees!**

Migratory honeybees and/or bumblebees are needed for adequate pollination of cranberry flowers.

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DID YOU KNOW?

**Cranberries are
90% water!**

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FUN FACT!

Native Americans used cranberries in a portable snack called pemmican.

Pemmican was a staple survival food, as it contained calories, fat and protein needed for energy. It was a lot like an energy bar!

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DID YOU KNOW?

**Ounce for ounce, dried
cranberries contain more
antioxidants than fresh.**

Dried cranberries make a tasty
addition to many types of salads!

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FUN FACT!

**Cranberries are one of the
few fruits native to
North America.**

They are commonly used across the world as a natural fabric dye.

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DID YOU KNOW?

**Can a handful of
cranberries a day keep
the dentist away?**

Cranberries can prevent plaque formation by interfering with the ability of bacteria to stick to the tooth surface.

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FUN FACT!

**Pockets of air inside
cranberries help them to
bounce and float in water!**

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DID YOU KNOW?

The same compound in
cranberries that makes
them **taste tart** is also the
reason why cranberries
are **so good at fighting off
infections!**