This month we’re celebrating cranberries

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!
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!
FUN FACT!

Cranberries love bumblebees!

Migratory honeybees and/or bumblebees are needed for adequate pollination of cranberry flowers.
DID YOU KNOW?

Cranberries are 90% water!
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!
DID YOU KNOW?

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

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

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