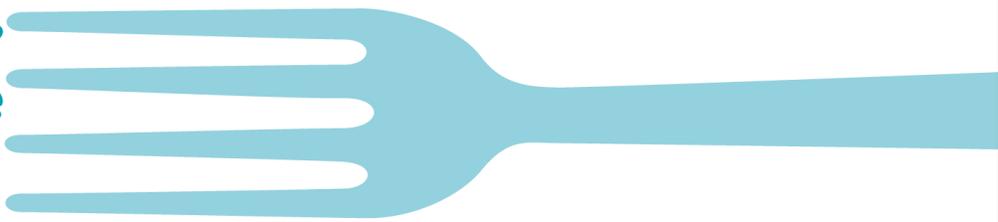


# Harvest of the Month



November



Cranberries



## Pick:

- Choose plump cranberries that are red, shiny, and firm to the touch.
- Berries that are discolored or shriveled should be tossed.

## Store:

- Fresh cranberries can be refrigerated up to 1 month or frozen for up to a year.
- Cooked cranberries can be refrigerated for a few days or frozen for up to 6 months.

## Prepare:

- Enjoy cranberries cooked, fresh, canned, frozen, or dried.
- Rinse fresh cranberries under cold water before using.

## Nutrition Info

One cup of cranberries contains 50 calories.

Cranberries are an excellent source of vitamin C and fiber.

## Fun Facts

Cranberries were first used by Native Americans for food, fabric dye, and medicine.

Only 5% of cranberries are sold fresh. The remaining 95% are turned into cranberry juice, cranberry sauce, and other cranberry products.

Wisconsin is the nation's #1 cranberry producer!

Another name for cranberries is "bounce-berries" because they bounce when ripe.

## Uses

Add fresh cranberries to smoothies or muffins, or dried cranberries to salads.

Cranberries can be a bit tart on their own, but they pair well with sweeter fruits such as apples!

## Farm2School Updates

Did you know that Thursday November 14<sup>th</sup> is the Wisconsin Chili Lunch? Schools, preschools, daycares, hospitals, worksites and other organizations across Wisconsin will be serving Farm2School Chili.

This delicious dish is minimally processed and is made with hearty beans and local veggies that were frozen during their peak season. **Find the recipe on the back page and give it a try at home!**

Farm2School Chili was originally developed by our Coulee Region Farm2School Program and is now being used statewide as part of a USDA Farm2School Grant!

## Cranberry Rice Pilaf

serves 8 (1/2 cup per serving)

### Ingredients:

½ cup brown rice  
½ cup wild rice  
1 ¾ cup chicken broth (low sodium)  
¼ cup orange juice  
2 Tbsp. olive oil  
2 tsp. brown sugar  
1 ½ cup diced onion  
1 cup dried cranberries

### Directions:

In a medium pot, combine rice, broth and orange juice. Bring to a boil, then reduce heat and simmer until tender (about 45 minutes). Meanwhile, stir together oil and sugar until dissolved. In a sauté pan, combine onions with the oil mixture and cook over low to medium heat until onions are browned and sweet (about 40 minutes). Stir onions and cranberries into the cooked rice mixture, serve hot. Add cooked chicken for an easy meal!

### Rice Pilaf Nutrition Facts (per 1/2 cup serving):

180 calories, 4 g fat, 3 g protein, 34 g carbohydrate, 2 g fiber, 15 mg sodium

For more information on Farm2School visit: [www.laxF2S.org](http://www.laxF2S.org).

## **BONUS RECIPE: Farm2School Chili**

Serves 11

### Ingredients:

1 Tbsp. extra virgin olive oil	1 ¾ cups frozen corn
1 cup diced onions	2 (14.5 ounce) cans diced tomatoes, undrained
¾ cup diced carrots	1 (15 ounce) can black beans, undrained
¾ cup diced celery	1 (15 ounce) can kidney beans, undrained
1 tsp. granulated garlic (or garlic powder)	1 Tbsp. ground cumin
1 Tbsp. chili powder	1/2 Tbsp. dried oregano
1 cup diced green bell pepper	1/2 Tbsp. dried basil
1 cup diced red bell peppers	1/2 tsp. salt
1 ½ cups diced mushrooms	shredded cheddar cheese

### Directions:

Heat olive oil in a large pot over medium heat. Add onions, celery and carrots and sauté until tender. Stir in the bell peppers, garlic powder and chili powder. Cook about 6 minutes. Stir in the mushrooms and frozen corn. Cook about 5 minutes and test to make sure all vegetables are tender. Add cooking time if needed. Stir in tomatoes, kidney and black beans. Season with oregano, cumin, basil and salt. Bring to a boil and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally. Serve warm, topped with shredded cheddar cheese!

### Chili Nutrition Facts (per 1 cup serving):

150 calories, 2 g fat, 7 g protein, 27 g carbohydrate, 7 g fiber, 275 mg sodium

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November 14,  
2019