

## CRAZY FOR CRANBERRIES!

A cranberry is a small, round, red fruit berry that grows on long vines.



A long time ago settlers thought the flower that grows on the cranberry vine looked like the head and bill of a bird called a crane. They called them “crane berries.” **Do you think they look similar?**



Cranberry plants can produce fruit for 100 years or more.

Each cranberry has four tiny air pockets inside. The pockets allow it to float on top of water.

Cranberries were one of the first fruits to grow in North America.

Many families started growing cranberries more than 200 years ago!

Cranberries grow in bogs. A bog is an area of soft, marshy ground with acid peat soil, usually near wetland.



Wisconsin produces more cranberries than any other state!

### YUM!

#### Cranberry + Peanut Butter + Banana Roll-Up

##### INGREDIENTS

- 1/4 cup peanut butter
- 2 (8-inch) whole grain flour tortillas
- 1 medium banana, sliced into circles
- 1/4 cup dried cranberries

##### DIRECTIONS

Spread about 2 tablespoons peanut butter over each tortilla.

Sprinkle with 2 tablespoons dried cranberries.

Place 2 banana circles next to each other, leaving space around the edge.

Roll up tortilla.

Slice in half.

Serve immediately. Makes 2 servings.

### Joke of the Month

How do you draw food art?  
Answer: With crayon-berries



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Name \_\_\_\_\_

# .....Cranberries.....



I like cranberries because \_\_\_\_\_



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