

# Harvest of the Month

## November: Cranberries

Did you know nearly 1/3 of the world's cranberries are grown in Wisconsin? Other states include Massachusetts, New Jersey, Washington, Oregon.

**Uses:** Add cranberries when making muffins, breads or pancakes (fresh, dried or frozen)

Make salads with fresh, frozen or dried cranberries. Make a cranberry relish to pair with lean meats, such as turkey; Add dried cranberries to oatmeal or yogurt.

**Cranberry Nutrition:** A native superfood with antioxidants, fiber, phosphorus, vitamins A, C and K.. May help reduce risk of risk of cancer, heart disease and stroke.

1 cup consists of 51 calories, 0g fat, 0g protein and 13 g carbohydrates.

FYI: Dried cranberries are usually sweetened with sugar and concentrated in calories.



More Cranberry Recipes



[www.JacksonInAction.org](http://www.JacksonInAction.org)

Next Month:  
Winter Squash



## Creamy Cranberry Fluff

*Light and tasty —  
sure to be the star  
of your holiday  
spread*

### INGREDIENTS:

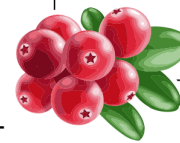
3 cups fresh or  
frozen cranber-  
ries, thawed and  
coarsely chopped  
(1 (12) oz. bag)

1 can (20 oz.) un-  
sweetened  
crushed pineapple,  
drained very well  
3 medium apples,  
chopped

½ granular sugar or sug-  
ar substitute (equivalent  
to 1/2 c. regular sugar) i.e., stevia or sucralose.

1 carton (8 oz.) light whipped topping (or vanilla Greek yogurt)

¼ cup fine chopped walnuts (optional)



## CRANBERRY FLUFF

In a large bowl, combine the cranberries, pineapple, apple, and sweetener. Cover and refrigerate overnight if desired. Just before serving, gently stir in cool whip and walnuts. Makes 16 servings, each 1/2 cup, for 100 calories, 3 g. fat w/ walnuts, and 18 g. carbohydrate (1 carbohydrate choice) per serving.

Nutrition Analysis (made with regular sugar and Greek Yogurt:) 98 calories, 1.5g fat, 20g carbohydrate, 2 g protein, 2.25 g fiber.

MORE RECIPES: [www.JacksonInAction.org/recipes](http://www.JacksonInAction.org/recipes)

Get our Free 5210 Newsletter at  
[www.JacksonInAction.org](http://www.JacksonInAction.org)

See the recipe LIVE on WEAU-TV 13 (NBC)  
Eau Claire, Thurs., Nov. 21 at 4 p.m. with  
Ruth Chipps, MS, RDN, CD

RECIPE VIDEOS: [www.JacksonInAction.org/recipes](http://www.JacksonInAction.org/recipes)

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

# November Wellness Events

**Nov. 9 - Diabetes Fair/Wellness Event - 8:30am-11:30am** Lunda Community Center (HUB). Free. Pre-register at [www.BRMH.net/diabetes](http://www.BRMH.net/diabetes) to be eligible for drawing for activity tracker.

**Nov. 12 - Breastfeeding Class, BRMH 6:30pm – 8:00pm** During a single session evening class, you will learn the benefits of breastfeeding for mom, baby and the family. This class is held the second Tues. of January, March, May, July, Sept. and November. Cost is free. Register at 715-284-1329

**Nov. 14, 7 p.m. Evergreen Memorial Service –** BRMH Oak Room. Please RSVP by calling 715-284-3662. Bring a holiday ornament to place on our evergreen tree in remembrance of your loved one.

**Nov. 20 –Harvest of the Month at BRMH Café. 11:30am -12:30 pm.** Taste test Cranberry recipe

**Nov. 21 - Holiday Tea, BRMH Lobby 9:30 –3pm**

**Nov. 21 – Live Harvest of the Month Cooking Demo** on WEAU-TV 13 at 4 p.m. with BRMH Registered Dietitian Nutritionist, Ruth Chipps. Recipes and videos at [www.BRMH.net/recipes](http://www.BRMH.net/recipes)

**Nov. 28 - Jackson In Action Gobbler Giveback -** Thanksgiving Day at 8am. Meet at the Foundation Trail, starting from the Chamber of Commerce.

**\*\*Winter Farmers Market Every Saturday, through Dec. 21, 2019 9am-noon at the Lunda Community Center (Fieldhouse Entrance)\*\***

**5210 Every Day!**

[www.JacksonInAction.org](http://www.JacksonInAction.org)



**NEXT MONTH—WINTER SQUASH**



## Cranberry Rice:

Ingredients:

2 cups vegetable broth  
½ cup brown rice, uncooked  
½ cup wild rice, uncooked  
1 Tbsp. oil  
3 medium onions, sliced into thin wedges  
2 tsps. brown sugar  
1 cup quartered cranberries  
½ tsp. finely grated orange zest



Combine broth and brown and wild rice in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to low; cover and simmer until rice is tender and liquid is absorbed, about 15 minutes. Heat oil in medium skillet over medium-high heat. Add onions and brown sugar. Reduce heat to low. Cook onions, stirring often, until they are caramel color, about 10 minutes. Stir in cranberries. Cover; cook over low heat until cranberries are soft, about 6 minutes. Transfer rice to a large serving bowl. Gently fold cranberry mixture and orange zest into cooked rice. Makes 4 – 6 Servings



## Cranberry Salad

Ingredients:

4 cups fresh or frozen cranberries (14 oz.)  
¾ cup packed light brown sugar  
½ cup orange juice  
1 cup peeled and chopped pears (about 2 small)  
1 cup pineapple  
½ cup thinly sliced celery (2 stalks)  
½ chopped toasted pecans



Directions:

Bring the cranberries, brown sugar, and orange juice to a boil in a large saucepan over medium-high, stirring often. Reduce heat to medium-low, and simmer, stirring occasionally, until cranberries pop and mixture thickens, 12 to 15 minutes. Remove from heat, and cool to room temperature, about 30 minutes. Stir in the Bartlett pears, pineapple, celery, and pecans. Transfer to a serving bowl; cover and chill salad 4 to 24 hours. Serves 12 (serving size: 1/2 cup)

• Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.