



CRANBERRIES IN THE CLASSROOM



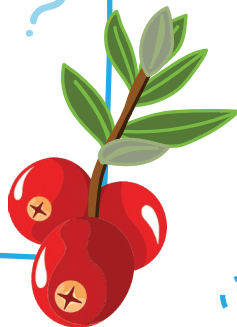
FALL & CRANBERRY TRADITIONS



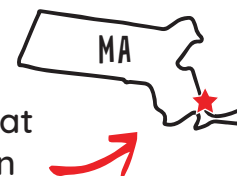
FUN FACTS

DO YOU KNOW WHAT A CRANBERRY IS?

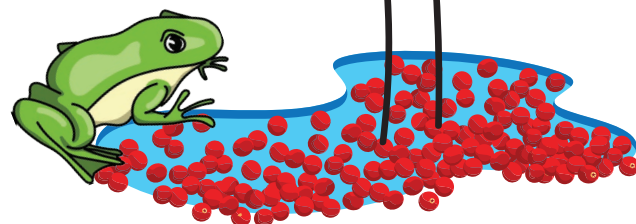
IT IS A SMALL, ROUND, RED FRUIT BERRY THAT GROWS ON LONG VINES.



Cranberries were eaten at the first Thanksgiving in Plymouth, Massachusetts.



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

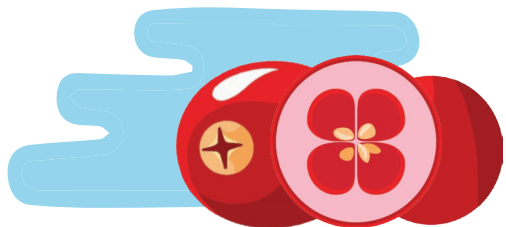


Cranberries are harvested in the fall.

Some farmers flood their bogs with water so the cranberries float to the top and can be harvested.



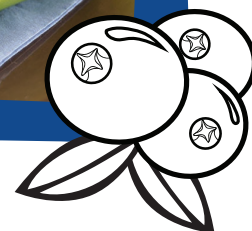
THERE ARE ABOUT 450 CRANBERRIES IN ONE POUND.



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



Cranberries are used to make more than 1,000 foods like juice, dried fruit and cranberry sauce.





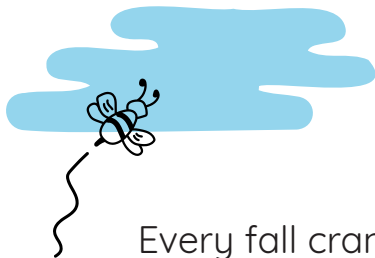
CRANBERRIES IN THE CLASSROOM



FALL & CRANBERRY TRADITIONS



Traditions are the beliefs and ways of doing things that are passed down from parents to children. Some traditions have been around for a long time, but sometimes people decide to start new traditions!



Fall Traditions

Every fall cranberry farmers celebrate harvest. Harvest is a special time of the year when cranberries turn dark red and are ready to be harvested from the bogs.

Cranberry famers have a tradition to celebrate when harvest is done with a big fall meal. The families prepare their favorite recipes, which include lots of cranberries! The meal is shared with friends and family. Some favorite foods that have cranberries are sauces, salsa, breads, rice, salads, and desserts! Fall harvest is a special time of year filled with fun traditions.





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FAMILY INTERVIEW

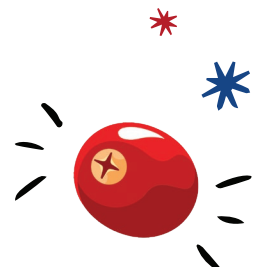
Traditions are beliefs and ways of doing things that are passed down from parents to children. These might include apple picking, pumpkin carving or Thanksgiving. Traditions can also be something you do with friends like football games, trick or treating at Halloween or going to the movies. Some traditions have been around for a long time, but sometimes people decide to start new traditions!

Interview a family member, teacher or friend and write the answers below.

What are some traditions you celebrate in the fall?

Pick one tradition and answer the questions below.

1. Who is included?
2. What do you do?
3. Where do you go?
4. What do you eat?





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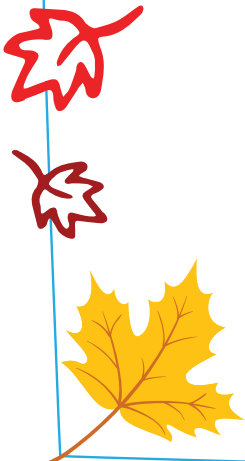
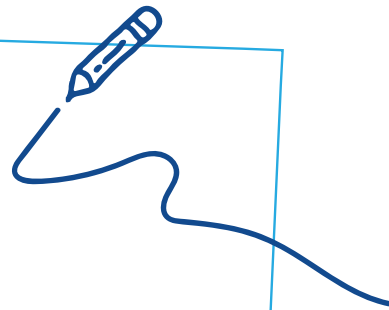


FALL & CRANBERRY TRADITIONS



YOUR FAVORITE FALL TRADITION

Write a short description of your favorite fall tradition. Then, draw a picture of it in the box.





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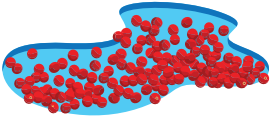
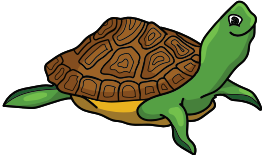





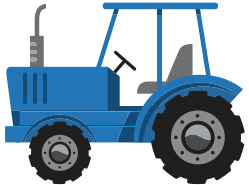
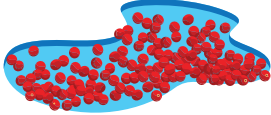


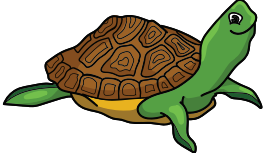

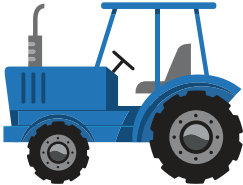




FALL & CRANBERRY TRADITIONS



CRANBERRY HARVEST MATCHING

Use the activity sheet to cut out the game pieces. Turn over two pieces at a time to make a match. If two squares match, then leave them showing. If they don't match, turn them back over and try again. When all of the squares are matched you are a cran-memory master!



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FALL & CRANBERRY TRADITIONS



WORDS IN A WORD



Cut out the letters in the word "TRADITIONS".

How many new words can you make? Write the new words in the spaces below.

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

T R A D I T I O N S



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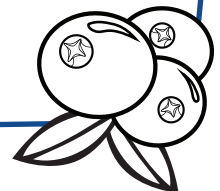
COOKING WITH CRANBERRIES

MAPLE CRANBERRY POPCORN BALLS

(Makes 12 servings)

You will need the following items:

- 8 cups plain popcorn (if using freshly made popcorn, remove unpopped kernels)
- 1 cup Ocean Spray® Craisins Dried Cranberries
- 1/2 cup brown sugar
- 1/2 cup maple syrup
- 3 tablespoons butter or margarine



Directions

1. Place popcorn and dried cranberries in a large mixing bowl; set aside.
2. Combine brown sugar and maple syrup in a small saucepan; add butter.
3. Cook over medium heat stirring often, until butter melts and mixture comes to a boil, about 4 minutes or until mixture thickens slightly.
4. Pour over popcorn mixture, stirring until coated.
5. Dip hands in cold water. Shape popcorn mixture into 2-inch balls, pressing firmly to hold shape.
6. Place on waxed paper; cool completely. Let stand overnight to harden.
7. Wrap in decorative plastic wrap.