

Cranberry Information Sheet

Today's Farm to School Snack features dried cranberries!

Cranberries originated in North America. The cranberries you will be trying today were grown on farms across Nova Scotia and then dried at Terra Beata Cranberry Farm in Lunenburg, NS.

How Does It Grow?

Cranberries grow on low vines in bogs. To help cranberries grow, farmers trim the vines and rely on bees for pollination. At harvest time, the bog is flooded, and a machine called a beater shakes the berries loose. The cranberries float to the surface and are gathered with special tools before being loaded onto trucks. Cranberries have a tart taste and can be eaten fresh, frozen, or dried. They are often used in sauces, juice, jelly, and baked goods.



Fun Facts

- Cranberries grow wild in Atlantic Canada and are sometimes called "marsh apples".
- Cranberry vines produce cranberries year after year!
- Fresh cranberries can bounce! They have tiny air pockets inside, which make them firm and able to bounce when they're ripe.

Around the World

Cranberries have been used by Indigenous people for centuries for food, medicine and preservation. Early European settlers called them "crane berries" because the plant's flower looked like the head and neck of a crane. In 1870, William MacNeil planted Canada's first commercial cranberry bog in Nova Scotia. Cranberries are an important part of traditional Thanksgiving meals in North America, often served as cranberry sauce with turkey.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include cranberries.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this tart snack!

Find more resources at www.nourishns.ca