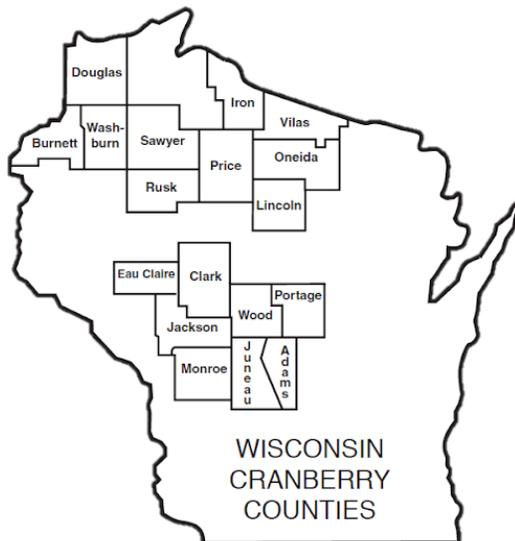


November 2020

# *Cranberries pack a powerful – and healthy – punch!*



The little red berry is Wisconsin's official state fruit. Wisconsin is the nation's leading producer of cranberries, harvesting more than 60% of our country's crop.



The Algonquins of Wisconsin called the cranberry "atoqua." But it was the early settlers who gave the cranberry its modern name. They thought the pink cranberry blossom resembled the heads of cranes. Their word, "craneberry," was later shortened to "cranberry."

Cranberries are one of North America's native fruits.

Mashkiigiminag (low bush cranberries) grow in bogs.

Cranberry vines will bear fruit indefinitely with proper care. Some cranberry marshes have vines that are over 100 years old.

If you strung together all the cranberries produced in North America, they'd stretch from Boston to Los Angeles more than 565 times.

Cranberries are a healthy, low-calorie snack, and they can also play a significant role in our immune function.

Native Americans mixed mashed cranberries with deer meat to make a survival food called pemmican.

**Bridget Rongner**  
FoodWise Coordinator  
Burnett/Sawyer/Washburn Counties  
bridget.rongner@wisc.edu



**Julie Yezek**  
FoodWise Nutrition Educator  
Burnett/Sawyer/Washburn Counties  
julie.yezek@wisc.edu



**Kimberly Clark**  
FoodWise Nutrition Educator  
Burnett/Sawyer/Washburn Counties  
kimberly.clark@wisc.edu



# Cranberry Wojapi

Makes: 5 Servings

Try this traditional Native American cranberry sauce which uses dried cranberries making it the perfect side dish to serve any time of the year.

## Ingredients:

- 1 cup dried cranberries
- 2 cups water
- 4 tablespoons sugar
- 2 tablespoons cornstarch (mixed with 3/4 cup water)

## Directions:

In a large saucepan, combine ingredients and bring to a boil. Reduce heat and simmer until mixture is thickened and cranberries are plumped.

Source: North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension.

[www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap](http://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap)

## STRONGBODIES

### Strength-Training

LIVE Online Class for Barron, Burnett, Sawyer, Rusk,  
and Washburn Counties

#### Strength training has been shown to:

- Reduce the risk of chronic diseases
- Improve bone density
- Reduce falls
- Reduce arthritis symptoms
- Improve mood

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

**When:** Mondays & Wednesdays; 10:00 -11:30 AM; November 30, 2020 - February 17, 2021

**Where:** Online (in the comfort of your home) via Zoom on your smartphone, computer, iPad, or tablet

**\*\*Limited amount of equipment (hand and ankle weights) available to be loaned out, free of charge, for the duration of the class.\*\***

For more information or to sign up, contact:

**Bridget Rongner, FoodWise Coordinator;**

**715-635-4444; [bridget.rongner@wisc.edu](mailto:bridget.rongner@wisc.edu)**



Like us on  
Facebook

FoodWise - UW-Madison Extension  
Burnett/Sawyer/Washburn Counties