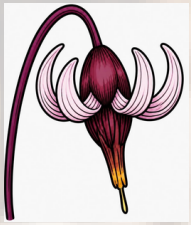
Harvest of the Month

Cranberries & Mushrooms

Cranberries - from bog to table



Cranberries are one of North America's few native fruits. Indigenous peoples used cranberries for food, medicine, and dye long before European settlers arrived. Their name comes from "crane berry" becuase the flower's shape reminded European settlers of a crane's head and bill. Cranberries are harvested in flooded bogs because the berries float to the surface when ripe, making them easier to collect. They are also naturally rich in antioxidants and vitamin C, giving these tart little berries both flavor and nutritional benefits!

Fun with Fungi!

Mushrooms are a variety of fungi that play an important role in the forests of New York and across the country. Unlike plants, mushrooms dont need sunlight to grow. Instead they get their nutrients by breaking down organic matter like fallen leaves and dead trees. After a rainy day, you might spot mushrooms popping up on the forest floor. Some local mushrooms, like oyster mushrooms or chicken of the woods are popular ingredients in cooking. Next time you explore a park or take a nature walk, see how many different mushrooms you can spot, but remember to admire wild mushrooms without disturbing them.

Healthy Serving Ideas:

Cranberry

- Sprinkle dried cranberies over salads
- Roast cranberries with other seasonal veg like winter squash or brussel sprouts
- Stew cranberries with sweetener and add them to oatmeal.

Mushroom

- Mushroom and spinach toast
- Mushroom and barley soup
- Quinoa stuffed portabelllos
- Savory mushroom oatmeal

NOTE: Leave mushrooms on window sill in direct sunlight for as little at 15 mins to substantialy increase Vit D content

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Harvest of the Month
Featured Recipes

Cranberry Apple Crisp

Amount for 8 servings

Ingredients

3 cups Apples, sliced (about 4 medium sized apples)
1 cup Frozen Cranberries
2 Tbsp Orange Juice
2 Tbsp Granulated Sugar
1 tsp Cornstarch
¼ tsp Ground Cinnamon
½ Cup Granola

Directions

1. Preheat oven to 325°F.
2. Slice apples, leaving the skin on.
3. In a large bowl, combine sliced apples, cranberries, orange juice, cornstarch, sugar, and cinnamon.
4. Transfer the mixture to a baking dish.
5. Top evenly with granola.
6. Cover and bake for 15–20 minutes, then uncovered for another 8–10 minutes, until golden brown and the apples are tender.
7. Serve warm as a sweet side dish or with whipped cream for dessert.

Garlic Roasted Mushrooms

Amount for 8 servings

Ingredients

2 lbs Crimini Mushrooms
2 Garlic Cloves, peeled whole
3 Tbsp Olive Oil
¾ Tbsp Italian Herbs
1 ¼ tsp Salt
¾ tsp Black Pepper, ground

Directions

1. Preheat oven to 375 degress
2. Throughly wash and inspect mushrooms for lingering dirt or other debris.
3. In a small bowl, combine the oil, garlic, and herbs, then mix to combine.
4. In a large bowl, add the mushrooms and top with oil, garlic, herbs, salt and pepper. Toss to Thoroughly and evenly coat mushrooms.
5. On a sprayed sheet tray spread mushroom mixture in a single layer
6. Roast for 15 mins then rotate sheet tray and continue to cook in 5 min increments until golden brown and an internal temp of 140 degrees is reached. Serve and enjoy.

Note: the mushrooms will shrink significantly due to the water loss.