



Hey kids, become a
FOOD EXPLORER
and check this out!

Apples & Cranberries



Did you know...?

- You can pick your own apples at over 80 Massachusetts orchards.
- Massachusetts grows more than 18 apples for every person in the state. If you lined them up, they would wrap nearly one-fourth of the way around the world.
- Cranberries are also called bounceberries because they bounce when ripe.
- Massachusetts Native Americans used cranberries for food, medicine, and dye for cloth.
- Cranberries have little air pockets inside. Farmers harvest the berries by flooding the bog with water. When cranberries float, the farmers scoop them up.

DELICIOUS AND NUTRITIOUS

Both apples and cranberries have special protectors to keep you healthy!

A SUPER SNACK IDEA

Mix dried apples and dried cranberries for a super-easy sweet snack.

CRANBERRY HUMOR

Why are cranberries red?

Because they saw the turkey dressing!