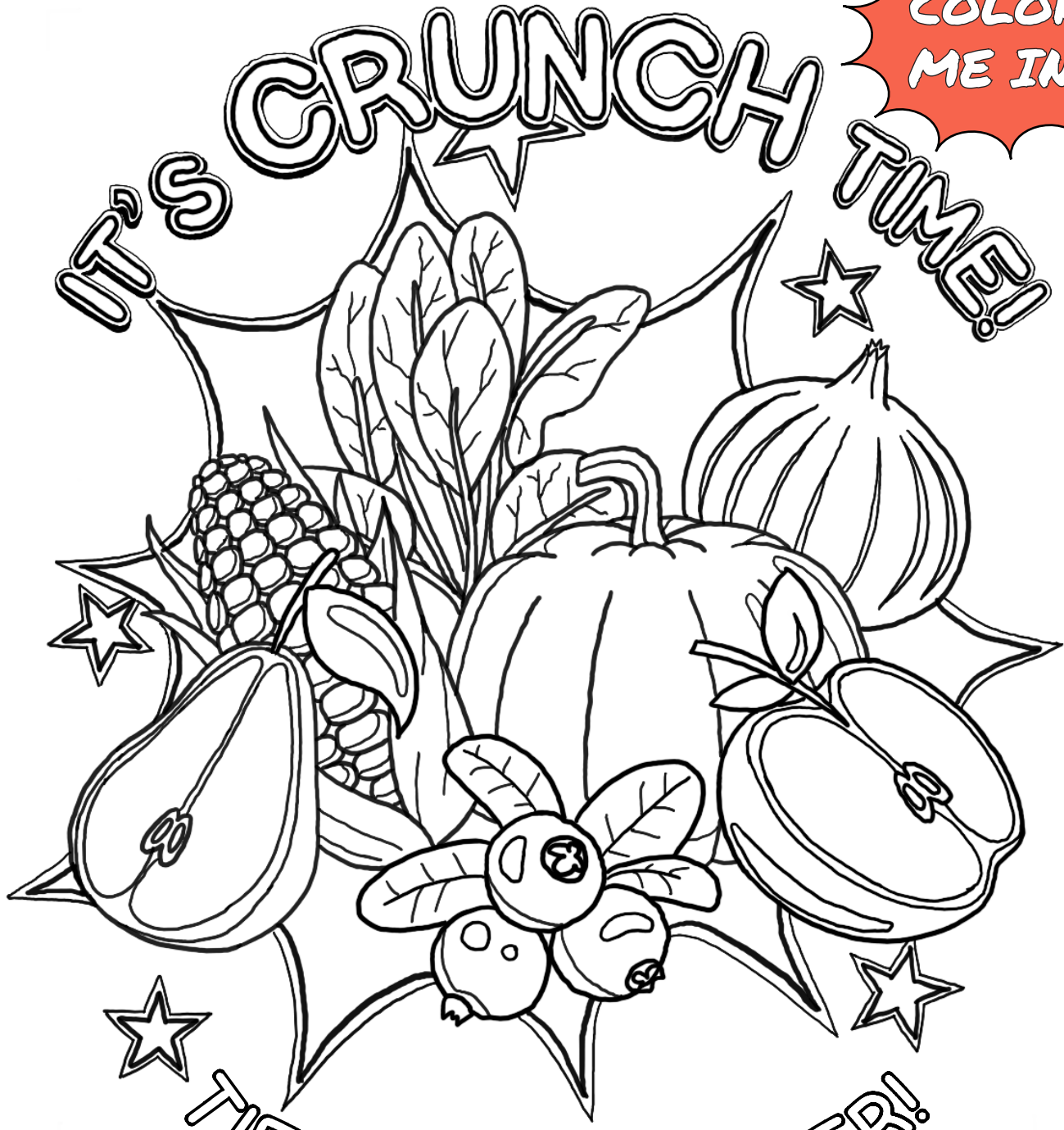


COLOR ME IN!



IT'S CRUNCH TIME!

TIEMPO DE MORDER!

#CTgrownforCTkids



Match the Produce with the Plant it Comes From Relaciona el Producto con la Planta de la que Proviene

Cranberries grow on vines that run along the ground in sandy bogs and marshes. It takes 16 months to grow cranberries.

¡Una mazorca de maíz tiene alrededor de 800 granos individuales! Tradicionalmente el maíz se consumía seco en sopas, guisos y panes!

Okra is native to Africa and was brought here by enslaved African women who braided the seeds into their hair.

I Wonder / Me Pregunto

1 I wonder why some foods we eat fresh and others we eat dried?

2 Me pregunto a qué sabe la okra. ¿Me gustaría?

3 I wonder how my family likes to eat corn and why?

Word Search / Búsqueda de Palabras

T	E	Q	Z	C	P	M	R	A	F	C	I	I	V	P
F	W	I	L	B	A	Z	W	I	A	S	X	C	U	H
D	A	B	S	N	G	P	A	L	C	D	R	M	H	Y
M	E	L	Z	C	O	L	A	H	K	A	P	A	W	G
D	X	A	L	I	E	B	O	R	N	K	R	E	D	R
R	N	I	Q	U	A	O	B	B	I	B	P	W	N	A
A	K	H	C	Z	L	R	E	N	O	Z	C	O	R	N
H	N	S	A	P	D	R	E	L	C	P	J	I	D	J
C	E	N	H	O	R	D	P	P	F	H	Z	V	H	A
R	F	T	L	Y	B	E	L	P	P	A	U	V	S	A
O	A	T	U	R	F	E	D	A	J	N	A	R	G	L
G	P	D	O	H	E	B	E	R	R	T	I	U	R	F
O	N	O	T	O	L	B	N	R	T	A	Q	F	V	Q
U	A	R	A	N	D	A	N	O	T	C	E	Z	M	O
G	C	S	E	S	A	T	U	R	F	S	X	P	M	H

English

FALL
APPLE
ORCHARD
PEAR
TREE
FARM

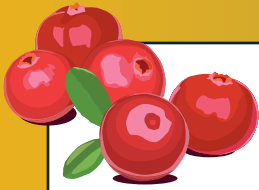
FRUIT
PUMPKIN
CORN
CRANBERRY
SCHOOL

Español

OTOÑO
MANZANA
GRANJA DE FRUTA
PERA
ÁRBOL
GRANJA

FRUTAS
CALABAZA
MAÍZ
ARÁNDANO
ESCUELA





Cranberry Thanksgiving The last Fresh Fruit of the Season

Día de Acción de Gracias de Arándanos: Última Fruta Fresca de la Temporada

Native Americans celebrate many “thanksgivings” throughout the year to honor what nature provides each season. For example, the Cranberry Thanksgiving is celebrated by many tribes in New England including the Mohegan, Narragansett, Mashpee and Aquinnah Wampanoag. Cranberries can be used either fresh or dried for eating, and the plant was also used as medicine and dye for rugs and blankets.

Cranberries are traditionally the last fresh fruit of the season, and rich in antioxidants and vitamin C, E, and K.

Native people gathered wild berries by hand. Cranberry bog harvesting was created by colonial farmers.

Cranberries, like corn and sunflowers, were only found in ‘the Americas’ before colonization.

Harvest Johnnycake

by Tomaquag Museum Director Silvermoon LaRose

Johnnycakes or Journeycakes are a traditional traveling food that is made from cornmeal and water. Similar to pancakes, they were traditionally cooked over hot coals or on hot stones. Try making this simple, delicious Cranberry Journeycake recipe at home with these native ingredients.

You will need:

- Cornmeal
- Maple syrup
- Fresh or dried cranberries
- Cooked or canned pumpkin
- Sunflower seeds or other optional ingredients!

For full recipe and instructions visit the link below!



It's Crunch Time!

To learn more about Cranberry Thanksgiving today and the amazing way cranberries grow, along with recipes and everything you need to CRUNCH local and celebrate CT Grown for CT Kids Week, visit us at:



putlocalonyourtray.uconn.edu/CRUNCH

