Cranberry

What Am I?

Cranberries are a tart, red fruit that is native to North America. They were originally used by American Indians for food, clothing dye, and medicine. They are now grown in 18 different counties in Wisconsin.

How Do I Grow?

Cranberries grow in bogs and marshes where bumble bees and honeybees pollinate them as they bloom. Farmers begin growing cranberries in the winter and harvest them in the fall.

Nutrition

Cranberries are high in antioxidants, vitamin C, vitamin A and fiber. These vitamins and nutrients allow cranberries to play a role in fighting infections

Fun Facts

- Wisconsin is the number one cranberry producer in the United States!
- Cranberries bounce when they are ripe.
- Wisconsin's state fruit is the cranberry.

WISCONSIN DEPARTMENT OF
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