

September

Cranberry Festival



Paired Experiences

1. Muskoka Cranberry Festival ●
2. Fall Foliage Scene ●

Complementary Activity: Cranberry Social

Materials Needed

- Freshly baked cranberry goods (cranberry muffins, scones, tarts, etc.)
- Apple Cider/ Tea/ Coffee

Talking Points:

- Share personal recipes with cranberries (dishes, drinks)
- Talk about the health benefits of cranberries and different ways to incorporate them into meals.
 - Cranberries are rich in vitamins C and E, fiber, and antioxidants.
- Discuss the ecological importance of cranberry bogs.
 - Wetlands support various wildlife, including birds and insects, and play a role in water filtration and flood control.

Fun Fact: cranberries were used in early paint and makeup, particularly by Indigenous peoples in North America