

Try Me!

Cranberries

Fun Facts:

- Cranberries are one of only a handful of major fruits native to North America.
- It gets its name from Dutch and German settlers, who called it “crane berry” because the vines flower resemble the head and bill of a crane.
- During the day of wooden ships, Americans used to carry vitamin C rich cranberries aboard to prevent scurvy.
- During WWII, American troops required about one million pounds of dehydrated cranberries a year.
- The hearty cranberry vine thrives in conditions that would not support most other crops: acid soil, few nutrients and low temperatures.
- It takes one ton or more of cranberry vines per acre to plant a bog.
- Cranberry blossoms last 10 to 12 days.
- Cranberries do not grow in water. They are grown on sandy bogs or marshes. Because cranberries float, some bogs are flooded when fruit is ready for harvesting.
- Primarily grown in Massachusetts, Wisconsin, New Jersey, Oregon, and Washington.
- There are 440 cranberries in a pound, 4,400 cranberries in one gallon of juice, and 440,000 cranberries in a 100-pound barrel.
- Americans consume some 400 million pounds of cranberries each year, 20% of this number are eaten during Thanksgiving.
- 70% of all cranberry sales in the world come from Ocean Spray.



Cranberries are an excellent source of vitamin C, a very good source of dietary fiber, and a good source of vitamin K.

Great Ways to Enjoy Cranberries:

- Sprinkle a handful of dried cranberries over a bowl of hot oatmeal.
- Add them to quick breads, muffins.
- Add them to a salad.
- Put them in a fruit salad along with some oranges, apples, pineapples or pears.

How to Select and Store Cranberries:

- Choose fresh, plump, cranberries, deep red in color and quite firm to the touch.
- If a cranberry is ripe it will bounce.
- The deeper red their color, the more highly concentrated are cranberries' beneficial anthocyanin compounds.
- Fresh cranberries can be stored in the refrigerator for several months.
- Frozen cranberries may be kept for several years.

Peak season from October to December

