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 IO to I2 days.

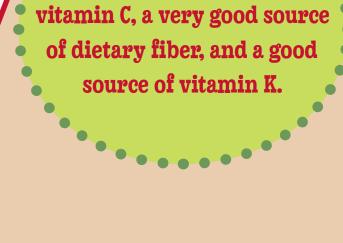
Cranberries do not grow in water. They are grown on sandy bogs or marshes. Because cranberries float, some bogs are flooded when fruit is ready for harvesting.

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

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.
- **6** 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