

# Taste These “Cran-tastic” Berries!

freshpick  
for better health



Native to North America, cranberries join the blueberry and Concord grape as the only three fruits commercially grown and native to North America. A very picky crop, cranberries require specific conditions to grow such as acidic peat soil and sand, as well as an adequate supply of fresh water and an unusually long growing season lasting from April until November. The winter months are also an important component to growing cranberries, as the fruit requires a long, chilly dormancy period to mature fruiting buds. All of these requirements come together in unique places called bogs, created during the last ice age, and the regions best known for bogs is Cape Cod, Massachusetts and several other states across the Eastern Seaboard and Pacific Northwest and Canada.

Cranberries are packed with a variety of nutrients, vitamins and antioxidants with enormous health benefits. They are also a highly versatile fruit that can be used in recipes for every meal of the day, not to mention healthy snacks and desserts. Their signature tart flavor adds an unmistakably delicious flavor to dishes, but of course are a wonderful treat straight from the bog or in the form of juice.

## It's All History – Cranberries

- 17th Century – Cranberries were given their name by Pilgrims who were introduced to the fruit by Native Americans. The Pilgrims thought the cranberry spring blossoms resembled Sandhill cranes, and thus called them “cranberries.”
- 1816 – Cranberries were first successfully cultivated.
- 1912 – The first time cranberry sauce was marketed in Hanson, Massachusetts.
- 2009 – The United States produced 7.09 million barrels of cranberries.

Sources: Cape Cod Cranberry Growers' Association,  
USDA National Agricultural Statistics Service, Pacific Coast Cranberry Web

## Did You Know?

- Some cranberry vines in Massachusetts are over 150 years old and still producing fruit.
- Cranberries are almost 90% water.
- Cranberry bogs are often pictured flooded, but they do not remain that way all year. In fact, they are only flooded in the fall for harvesting and in the winter to protect the crop from extreme cold. During the growing season, cranberry bogs are irrigated regularly, but are not flooded.
- Small pockets of air in cranberries allow them to bounce and float on water.
- The average can of cranberry sauce contains about 200 berries altogether.
- Cranberries are a cousin of blueberries.
- Cranberries are very light weight. In fact, just one pound of cranberries equals roughly 333 cranberries.

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USDA National Agricultural Statistics Service, Pacific Coast Cranberry Web



## Try Cranberries!

Here is a delicious recipe you can try at home using cranberries!

### Warm Baby Spinach and Cranberry Salad

#### INGREDIENTS:

- 1 package baby spinach, washed and cleaned thoroughly
- ½ cup sweetened dried cranberries
- ¼ cup pine nuts
- ¼ cup Kraft® Zesty Italian Salad Dressing
- 2 clove garlic, minced
- 2 tablespoon olive oil

#### METHOD:

- Place cleaned baby spinach in serving bowl.
- Place sauté pan over medium heat. Add oil.
- Add pine nuts and sauté quickly until lightly browned.
- Add minced garlic and sweetened dried cranberries and stir quickly to coat with oil.
- Let simmer for about 30 seconds.
- Add Zesty Italian Dressing, stir, remove from heat and pour over baby spinach.
- Serve immediately with entrée as a side dish.

Source: Cape Cod Cranberry Growers' Association

