

Cranberries

Fun Facts

1. Cranberries are native to North America. In fact, along with blueberries and the Concord grape, they are the only native North American fruits that are commonly cultivated today!
2. Fresh cranberries are harvested in the fall and are available in the grocery generally until the end of December. Juices and dried/frozen cranberry products can be enjoyed year-round.
3. Most cranberries are wet harvested, meaning that cranberry bogs/marshes are purposely flooded so the berries float to the top to be corralled. Cranberries have four air chambers that allow them to float!
4. Water is also used during the winter months to protect the vine beds from freezing and desiccation.
5. In 1816, the first commercial cranberry bed was planted in Dennis, Massachusetts by Revolutionary War veteran, Captain Henry Hall.
6. U.S. farmers produce over 800 million pounds of cranberries per year!

Nutrition Info

- These tiny berries are packed with phytonutrients, which may provide a wide array of health benefits, including protection from bacterial pathogens, cancer, cardiovascular disease, and inflammation.
- A specific class of phytonutrients in cranberries, called proanthocyanidins, helps prevent urinary tract infections. Research suggests that two- 8 oz. glasses of cranberry juice cocktail per day, one in the morning and one in the evening, may prevent bacterial adhesion. In the same way, cranberries may also work to prevent stomach ulcers.
- Cranberry juice is an excellent source of vitamins C & E.
- Dried cranberries, like other types of dried fruit, contain a higher concentration of nutrients per serving than fresh fruit, allowing a smaller portion to provide similar benefits.

Try it at Home!

Cranberry Pumpkin Muffins

Ingredients:

- 2 cups white whole wheat flour
- ½ cup granulated sugar
- ½ cup light brown sugar
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 large egg
- ½ cup milk
- ½ cup apple cider
- ½ cup pumpkin puree (not pie filling)
- 1 ½ cup fresh cranberries, washed and any remaining stems removed



1. Preheat oven to 375 degrees F and line a muffin pan with paper baking cups.
2. In a large bowl, combine the flour, sugar, brown sugar, cinnamon, baking powder, and salt. Whisk together to combine and remove any clumps.
3. In a small bowl, mix together the egg, milk, apple cider, and pumpkin puree.
4. Pour the liquid mixture into the dry mixture and mix just until combined. Be sure to not over-mix. Add cranberries, mixing just until incorporated.
5. Fill each baking cup with batter (should be filled almost to the top). Bake on middle oven rack for 18-20 minutes, or until a toothpick comes out clean.
6. Remove muffins from pan and allow to cool completely on a cooling rack. Keep stored in an air-tight container for up to 3 days.

Produce Pun:

Why was the cranberry late to the party?

It was **bogged** down in traffic.

References:

The Cranberry Institute.

<https://www.cranberryinstitute.org/>

US Cranberries.

<https://www.uscranberries.com/>

Meyer, Karmen. Cranberry Pumpkin Muffins.

<https://thenutritionadventure.com/cranberry-pumpkin-muffins/>

