

Cranberries



Cranberry Facts

- Cranberries grow on vines in boggy or swampy areas.
- Early settlers referred to the tiny red berry as a “craneberry” because the flower and its stem resembled the neck, head and bill of a crane.
- There are four major varieties of cranberries: American, European, Mountain and Highbush, with American being the most common variety used for juice and sold as fresh berries. Highbush is mostly used for jelly, jams and sauces.
- Most cranberries are picked by machines, however, machines damage the berries. These are used for juice and jams. Fresh, whole berries are hand-picked.
- Native Americans brewed cranberry mixtures and placed them on arrow wounds to draw poison. They also pounded cranberries into a paste and mixed it with dried meat to preserve and extend the life of meat.
- Ripe, fresh cranberries will bounce and their nickname is “bounceberries”.
- Fresh cranberries can last up to 2 months in the refrigerator.
- More than one-third of cranberries grown in the U.S. are made into cranberry juice.
- Dried cranberries are a quick, healthy snack and can be added to nuts to make a trail mix.
- Cranberries are a good source of vitamin C and fiber. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron. Fiber is important for healthy digestion.
- Cranberry sauce is a traditional part of American and Canadian Thanksgiving meals and European winter festivals.
- New Jersey ranks 3rd in the nation in cranberry production.

