

COOKING WITH CRANBERRIES

You will find fresh cranberries available in your supermarket produce section in the fall. While cranberries are in season, it's a good idea to buy extra bags for later use. Just put them in the freezer and enjoy fresh cranberry recipes year 'round! Cranberries freeze well for up to a year (wash in cold water before you use them, but not before freezing). When ready to use, do not thaw. Follow the recipe directions by simply using frozen berries in place of fresh berries.

Wisconsin State Fair Award-Winning Recipes

Cranberry Spinach Salad with Cranberry Dressing

2007- Carla Radewahn, Wauwatosa, WI

1 (10 oz.) pkg. baby spinach	½ tsp. salt
¾ cup sweetened dried cranberries	¼ tsp. onion powder
2 green onions, sliced	¼ cup orange juice
1 (11 oz.) can mandarin oranges	½ cup fresh cranberries
¼ cup red wine vinegar	½ cup vegetable oil
½ tsp. ground mustard	½ cup slivered almonds, toasted
⅓ cup granulated sugar	

In a large bowl, toss together spinach, sweetened dried cranberries, green onions and mandarin oranges. In a blender, combine vinegar, mustard, sugar, salt, onion powder, orange juice and fresh cranberries. Gradually blend in oil until emulsified. Pour over salad. Sprinkle with almonds.

Cranberry Cream Pie

2005- Lorri Remich, East Troy, WI

Crust:	Filling:
1 cup graham cracker crumbs	1 cup whole berry cranberry sauce
¼ cup finely chopped pecans	½ cup brown sugar, firmly packed
¼ cup melted butter	1 (3 oz.) pkg. orange flavored gelatin
¼ cup granulated sugar	1 cup whipping cream, whipped
	½ cup finely chopped pecans

Mix crust ingredients together and press into 9-inch pie pan. Bake at 350°F for 12 minutes. Cool completely. Meanwhile, combine cranberry sauce and brown sugar in a saucepan over medium heat. Bring to a boil. Remove from heat and add gelatin. Stir until dissolved and let cool. Fold whipped cream into cooled cranberry sauce mixture and pour into the cooled shell. Chill for several hours or until set. Garnish with whipped cream, chopped pecans and cranberries.

For More Winning Recipes, visit WSCGA Website at: www.wiscran.org

CRANBERRY FUN FACTS

- More than half the entire world's supply of cranberries are grown on Wisconsin family farms, generating \$1 billion in state economic impact and providing thousands of local jobs.
- Cranberries are native to North America. The 5 major states cranberries are grown in are: Wisconsin, Massachusetts, New Jersey, Oregon, and Washington.
- Wisconsin has led the nation in cranberry production since 1994, producing more than 60% of the country's crop.
- The USDA National Agricultural Statistics Service projects that Wisconsin will yield 5.6 million barrels of fruit during the 2019 fall harvest.
- The cranberry was officially named Wisconsin's state fruit on April 5, 2004.
- The first cranberry marshes in the state date back to the 1830's, even before Wisconsin became a state in 1848.
- In early times, cranberries were shipped to market in wooden barrels, transported by train. Each barrel weighed 100 pounds. Although many years have passed since cranberries were shipped in barrels, this unit of weight remains the industry standard.
- American recipes containing cranberries date from the early 18th century. Legend has it that Pilgrims may have served cranberries at the first Thanksgiving in Plymouth. Today, cranberries are found in more than 1,000 products throughout the world.
- Cranberries score among the highest of all fruits in antioxidants. Diets including fruits and vegetables with high antioxidant values, like cranberries, may help support memory function and coordination.
- The largest export markets for U.S. cranberries are: United Kingdom, Germany, Mexico, France, Australia, Russia and Taiwan.

Cranberries in Wisconsin



WISCONSIN STATE CRANBERRY GROWERS

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Wisconsin continues to be a national leader in cranberry farming and produces more than 60% of the cranberries that Americans consume each year. Cranberries are an important part of the state and local economies providing jobs and income for residents in both rural and urban areas.

Cranberries have long been Wisconsin's number one fruit crop. Some 250 growers in 20 counties in central, northern and western Wisconsin continue the tradition of cultivating this unique fruit, maintaining an agricultural heritage that began in the mid-1800s. Cranberry growing is a family business, with many fifth- and even sixth-generation Wisconsin growers. Some marshes in the state have been successfully producing a crop for more than 100 years. Growers have a strong commitment to the land, local communities and their families, and receive great satisfaction from working the land and providing a food crop that people all over the world enjoy.

The cranberry is grown in low lying areas where the soil has an acidic nature and there is an abundant supply of water and sand. Water is used for irrigation, frost protection, winter flooding for weather protection, and harvesting. Sand is used as part of cultural practices to rejuvenate vines and encourage new rooting and fruiting upright growth. Although it may take three to five years for a new cranberry bed to produce a large enough crop for harvest, vines will continue to produce a crop for several decades.

Contrary to popular belief, cranberries do not grow under water or in standing water. The low-growing, perennial vines blossom in late June or early July. Honeybees assist in pollination and small green berries are evident by early August. The cranberry matures in fall, when beds are flooded and the crimson berries are harvested.

Fruit to be sold fresh is harvested in the flooded marsh to gently remove the berry from



the vine. The fresh fruit is transported to warehouses where it is cleaned, dried, cooled and delivered for sale. Berries used for processed products are floated on the water, removed by harvesting machines and taken to plants where they are cleaned and frozen for processing.

While Wisconsin cranberry marshes occupy more than 180,000 acres, cranberries are actually harvested on only about 21,000 of those acres. The balance, called support land, consists of natural and man-made wetlands, woodlands and uplands.

This support land is not directly used for growing cranberries; however, its network of ditches, dikes, dams and reservoirs is necessary to ensure an adequate water supply. Since this land is relatively inaccessible, it provides an ideal refuge for wildlife and valuable habitat where plant and animal life flourish.

These natural wetlands help to control flooding as well as filter and recycle water. Growers protect and manage these areas as part of their normal farming practices. As a result, cranberry marshes are familiar territory to rare and endangered species. Bald eagles, calypso orchids, sandhill cranes, trumpeter swans, loons, ospreys, turkeys, wolves, and other wildlife flourish on cranberry marshes in the state.

Cranberries offer several important health benefits. Not only are they a healthy, low-calorie, fiber-rich fruit, but they also help maintain a healthy urinary tract, healthy heart and healthy immune system. Consider:

- ❖ Several studies have confirmed that cranberries can play an important role in urinary tract health. In fact the National Kidney Foundation recommends one large glass of cranberry juice a day to maintain good kidney health.
- ❖ Results of medical research suggest that cranberries may be beneficial in the prevention of ulcers, which are linked to stomach cancer and acid reflux disease.
- ❖ Cranberries minimize the formation of dental plaque, which is a leading cause of gum disease.
- ❖ Ongoing research continues to suggest that cranberries may offer a natural defense against atherosclerosis, which is a primary cause of cardiovascular disease.
- ❖ Cranberries contain hippuric acid, which has antibacterial effects on the body, as well as natural antibiotic ingredients.
- ❖ Studies have supported the role of naturally occurring anticancer agents in fruits and vegetables. Recent studies have shown that these compounds found in cranberries help protect cells from damage that may contribute to certain types of cancer.

Although more research is needed to understand the role cranberries may play in preventing certain types of cancer, The National Cancer Institute does recommend eating at least five to nine servings of fruits and vegetables a day. Cranberries fit nicely into this important dietary recommendation. For more information on the health benefits of cranberries, visit: www.cranberryinstitute.org.