



## Interesting Cranberry Facts

### **Statistics –**

- The USDA National Agricultural Statistics Service projects that Wisconsin will yield a crop of 4.0 million barrels of cranberries in 2009, which would make Wisconsin the top cranberry producing state for the 15<sup>th</sup> consecutive year.
- Wisconsin's 2008 cranberry crop was the largest cranberry crop ever at more than 4.3 million barrels.
- The cranberry industry has experienced increased exports of the berry to Western and Eastern Europe, the United Kingdom, Australia, Germany, South Korea, Japan and China. Cranberry exports have increased from less than 10 percent of the crop to nearly 30 percent in the past 10 years.
- More than 250 growers produce cranberries on approximately 18,000 acres of land throughout 18 Wisconsin counties in central and northern Wisconsin.
- Cranberries are Wisconsin's largest fruit industry in both value and size. In 2008, cranberry growers accounted for more than 80 percent of cash receipts to Wisconsin's fruit growers. Perhaps that is why the cranberry was declared Wisconsin's official state fruit in 2004.
- Cranberries are ingredients in more than 1,000 food and beverage products on the market, and only 5 percent of Wisconsin's cranberry crop is sold as fresh berries.

### **Health –**

- 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.
- Cranberries are a cholesterol free, fat free and low sodium food, and help maintain a healthy heart.
- Cranberries are part of a healthy diet and contain proanthocyanidins, antioxidants that may help maintain a healthy immune system.
- As part of a healthy diet, cranberries can be added to low-fat vinaigrettes, whole grain pancakes and yogurt.

### **Fun –**

- Contrary to popular belief, cranberries do not grow in water. A perennial plant, cranberries grow on low-running vines in sandy bogs and marshes. Because cranberries float, Wisconsin marshes are flooded when the fruit is ready for harvesting.
- Cranberries freeze well for up to two years. For best results, when ready to use, rinse them in a colander and chop them up while they're still frozen.
- Cranberries were originally stored and shipped in wooden barrels weighing 100 pounds each. They aren't shipped in wood barrels anymore, but the 100 pound "barrel" standard is still used today.
- Europeans named the fruit "crane berry" because they thought the cranberry blossom looked like the head of a sandhill crane.