



Give Them More
of the
Good Stuff!

Cranberry Basics



Shop and Save

- * Choose fresh cranberries that are plump, firm and glossy. Most are light to dark red in color, but you may see a few that are white to light yellow.
- * Avoid berries that are shriveled, soft or have brown spots.
- * Fresh cranberries are available from October through early January.
- * Frozen cranberries may be available year round.
- * Dried cranberries are often found in bulk food sections. They may cost less and you can buy small amounts.

Cranberries are a good source of vitamin C.



Types of Cranberries

Red cranberries – have a tart and tangy flavor. They are most often added to recipes or made into other products rather than eaten alone.

White cranberries – are ripe berries that are harvested before turning red. Their flavor is mild and they are used for juice rather than sold fresh.

Cranberry products – include cranberry juice and juice blends, canned cranberry sauce and dried cranberries. Because cranberries are tart, most products have added sugar. Look at Nutrition Facts labels to learn about each one.



Cranberries have been an important food for Native Indigenous People for over 12,000 years. In Oregon, commercial cranberry farming began in 1885.

Store Well Waste Less

■ Refrigerate fresh cranberries in an airtight container for up to 2 months. Remove any brown, soft or shriveled berries to help them store longer.

- Rinse fresh cranberries just before using.
- Freeze fresh cranberries to enjoy year round. For best quality, put them in a freezer-safe container and use within 12 months. They do not need to be thawed before using.



12-ounce bag of fresh cranberries = about 3 cups



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Cranberries

Couscous Salad

Ingredients:

- ¾ cup dry **couscous**
- ⅓ cup **dried cranberries**
- 1 cup boiling **water**
- ½ cup **Italian salad dressing**
- 1 cup diced **cucumber**
- 2 **green onions**, sliced
- ¾ cup frozen **peas**, thawed
- ¼ cup chopped toasted **nuts**

Directions:

1. Put the couscous and cranberries in a large bowl. Pour boiling water over the mixture. Cover and let stand for 10 minutes. Fluff with a fork to separate.
2. Add the rest of the ingredients and toss lightly to mix.
3. Refrigerate leftovers within 2 hours.

Makes 5 cups

Prep time: 20 minutes

Go to
FoodHero.org
for easy, tasty
cranberry
recipes

Glazed Carrots and Cranberries

Ingredients:

- 1 pound **carrots**, cut diagonally into ¼-inch thick slices
- ½ teaspoon **salt**
- 2 Tablespoons **sugar**, divided
- ½ cup low-sodium **broth** (any flavor)
- 1 Tablespoon **margarine** or **butter**
- ½ cup **dried cranberries**
- 2 teaspoons **lemon juice**

Directions:

1. In a large skillet over medium-high heat, add carrots, salt, 1 Tablespoon sugar and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.
2. Uncover and turn heat to high. Stir a few times until the liquid is reduced to about 2 Tablespoons.
3. Stir in margarine or butter and remaining sugar. Add cranberries and stir often until the carrots are tender and the glaze is golden, about 3 minutes.
4. Remove from heat and stir in lemon juice. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 2 ½ cups

Prep time: 10 minutes

Cook time: 12 minutes

Cranberry Applesauce

Ingredients:

- 8 medium **apples**, peeled, cored and chopped
- 1 cup **water**
- 1½ cups **cranberries** (fresh or frozen)
- ½ teaspoon **cinnamon**
- ½ teaspoon **salt**
- ⅓ cup packed **brown sugar**

Directions:

1. Combine all ingredients in a large saucepan. Bring to a boil. Cover and reduce heat. Simmer for 20 to 30 minutes.
2. Remove from heat and cool slightly. Mash to the thickness you like with a potato masher or fork. Serve warm or cold.
3. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 10 to 15 minutes

Cook time: 30 minutes



Kids Can!

- When kids help make healthy food, they are more likely to try it. Show kids how to:
 - ✿ wash hands with soap and water before preparing food.
 - ✿ peel fruit or vegetables with a peeler to take off a thin layer.
 - ✿ measure and mix ingredients.