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Enjoy Local Cranberries!

1 message

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Enjoy Local Cranberries!

Some Facts You Didn't Know

1. Cranberries are one of the few fruits native to North America.
2. The 5 states known for growing cranberries are: Massachusetts, Wisconsin, New Jersey, Oregon, and Washington.
3. Cranberries have small pockets where air seeps into that allows them to float.
4. Cranberries do not grow in water.
5. Cranberries are approximately 90 percent water.
6. Cranberries are typically in season from October until December.
7. Cranberries can be used as fabric dyes.
8. Cranberries have many health benefits such as preventing urinary tract infections, aiding in reducing the risk of cardiovascular diseases, and helping slow down tumor progression.



9. Only about 5% of cranberries are sold fresh while the rest are turned into cranberry juice, sauce, etc.
10. One cup to cranberries is about 50 calories.

Where to find locally grown cranberries

To find a local cranberry grower near you, please visit: <https://massnrc.org/farmlocator/map.aspx>.

Recipe: Cranberry Waldorf Salad

Ingredients

- 2 cups fresh or frozen cranberries, halved
- 3/4 cup sugar
- 3 cups miniature marshmallows
- 2 cups chopped apples
- 1/2 cup chopped nuts
- 3/4 cup pineapple tidbits, drained
- 1 cup halved green grapes
- 1 cup heavy whipping cream, whipped



Instructions

1. Combine cranberries and sugar; let stand 30 minutes. Add next five ingredients and mix well. Gently fold in whipped cream; chill.

Recipe from: <https://www.tasteofhome.com/recipes/cranberry-waldorf-salad/>.

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The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission is "to protect the rights, encourage the growth, and be of service to its members, in the best interest of agriculture."

For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

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