



Cranberries are an important part of our Thanksgiving tradition. But did you know that cranberries also help keep your body healthy?

Native Americans ate cranberries fresh, mashed with corn meal and baked into bread. They also used the berries to treat wounds and to dye rugs and blankets.

In the 1850's American whaling ships took barrels of fresh cranberries on their two year voyages. Cranberries provided the crew with fresh fruit and enough vitamin C to prevent scurvy.

American soldiers during the World War II used about one million pounds of dehydrated cranberries a year to keep healthy and energized.

Today the cranberry is valued as one healthy little berry. Cranberries contain powerful nutrients that help clean your body on the inside to strengthen your defenses. These nutrients help keep bad bacteria from sticking in the body.

Cranberries have vitamin C and fiber, and are only 45 calories per cup. In disease-fighting antioxidants, cranberries outrank nearly every fruit and vegetable--including strawberries, spinach, broccoli, red grapes, apples, raspberries, and cherries.

#### Cranberry Fun Facts

Cranberries are grown in bogs made up of acid, peat soil, and soil near wetland systems.

Cranberries are primarily grown in five U.S. states – Massachusetts, Wisconsin, New Jersey, Oregon and Washington.

When cranberry blossoms begin to open in late spring, farmers bring bees into the bogs in order to pollinate the plants. The pollination period about 3 weeks long, is one of the most important times of the growing year. No pollination means no fruit.

Here are a few ideas for getting these antioxidant powerhouses into your life:

Add dried cranberries to your favorite cereal

Drink 100% fruit juice that includes cranberries

Sneak cranberries into blueberry muffins for added color and flavor

Pair cranberries with chicken and pork dishes