

# Cranberry

## Arándano



Try It!



## Selection

Cranberries should be bright in color, fully red or yellowish-red with a smooth, glossy, and firm skin. Avoid shriveled, soft, wrinkled berries.

## Uses

Cranberries are used in a variety of forms – fresh fruit, juice, sauce, and dried. Fresh fruit is generally available from September to December. Fresh fruit can be used in appetizers, beverages, baked goods, entrees, and side dishes.

### CRANBERRY & TURKEY STUFFING

#### Ingredients

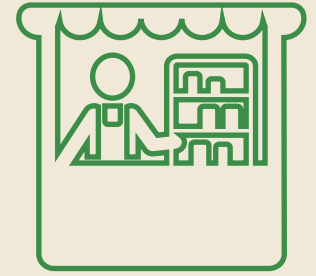
- 1 T vegetable oil
- ¾ cup minced yellow onion
- ¾ cup minced celery
- ½ tsp. poultry seasoning
- ¾ cup low-fat, reduced sodium chicken broth
- 3 cups bread, cut into 1-in. pieces
- 12 oz. cooked, diced turkey
- 1 cup prepared turkey gravy
- 1 ½ cups cranberry sauce
- Steamed broccoli spears, optional

#### Instructions

1. In a large skillet, heat oil over medium-high heat; add onions and celery and cook 2 minutes. Mix in poultry seasoning, continue to cook 30 seconds. Pour in hot broth and heat through.
2. Stir in bread and mix to combine. Cook until stuffing mixture is moist and heated through. Remove from heat and hold.
3. Combine turkey and gravy, spread evenly in the bottom of a 2-qt casserole dish. Next, spoon half of the cranberry sauce on top of the turkey-gravy layer. Spread the stuffing mixture evenly on top of sauce.
4. Bake in a 350°F oven for 30-35 minutes or until heated through and firm. Top will be slightly crunchy.
5. Scoop a 1-cup portion of casserole onto a plate and serve with an additional 2 Tbsp. of cranberry sauce on the side.
6. Garnish with crushed cookies

# History & Fun Facts

Cranberries, along with blueberries and Concord grapes, are the only native fruits to North America. Native Americans have a long history of using cranberries as food, in ceremonies, and medicinally. There are approximately 58,000 acres of cranberry farms in the U.S., Canada, and Chile. The majority of cranberries are harvested between September and October. All cranberries are grown on dry beds, but harvesting can occur one of two ways – dry or wet. The most common is wet or water harvest. Most wet harvest fruits are used for processed forms, like juice and sauce. Dry harvest is most often used for fresh fruit.



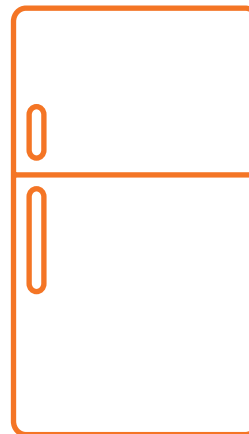
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Fresh cranberries will keep in your refrigerator for about 4 weeks. Before storing, discard any soft or discolored ones. Wash thoroughly and drain well.
- Cranberries freeze very well either whole or sliced. Seal in an airtight container for about a year.
- Cranberries can also be canned in various forms, like sauce, salsa, and chutney.
- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.



### NUTRITION FACTS

All forms of cranberries provide health benefits.

High flavonoid and phytonutrient content have antioxidant and antimicrobial benefits.

Rich in Vitamin C

High in fiber



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## FOR MORE INFORMATION...

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Sources: The Cranberry Institute at [www.cranberryinstitute.org](http://www.cranberryinstitute.org), 2019; The University of Main Cooperative Extension "Vegetables and Fruits for Health: Cranberries", 2008.

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