



FRUITS

Cranberry

FOOD\$ENSE
UtahStateUniversity
NUTRITION, DIETETICS, & FOOD SCIENCES

Objectives

Participant will:

1. Explain a health benefit provided by cranberries.
2. Describe cost- and time-effective strategies for incorporating cranberries into family meals.
3. Explain how to select cranberries.
4. Describe preparation and storage techniques for cranberries, including cleaning, cooking, and storing.
5. Prepare and taste food that includes cranberries.

Required Materials:

- Recipe ingredients and utensils for demonstrations.
- Lesson handouts (see pgs. 6-7).
- Required paperwork for program.

Optional Supplemental Materials:

- Cranberries in various forms such as fresh, dried, canned, etc.

Preparation Required:

- Practice lesson material so you are comfortable giving lesson.
- Practice recipes for demonstrations and understand recipe instructions and techniques.
- Gather ingredients and utensils needed for lesson and demonstration.
- Pre chop fruits and vegetables needed for each demo.
- Make copies of handouts – enough for all class participants.
- Make copies of paperwork required by program.
- Prepare *Crispy Granola* to demonstrate or display (see recipe pg. 7).
- Prepare bread for *Cranberry Bruschetta* (see recipe pg. 6).
- **15 minutes before class starts, assemble Apple Cranberry Crisp and put in oven so it will be ready to sample at end of class. Set timer for 35 minutes (see recipe pg. 7).**

LESSON PLAN

Introduction:

Time: 3-5 minutes

- Welcome the class and thank them for making time to come.
 - Briefly introduce yourself and the program.
 - **Ask the class:** There are only three fruits native to North America. Can anyone guess what they are?
 - Blueberries, concord grapes, and.....cranberries!
 - Cranberries were first used by Native Americans for food, medicine, and a symbol of peace. Commonly, the berries were pounded into a paste and mixed with dried meats.
 - Cranberries are thought to be part of the first Thanksgiving celebration in 1621. They were commonly used for red dye by the Indians and early American settlers.
 - Almost 700 million pounds of cranberries are grown in the United States alone each year. Only 10% will be sold fresh. The rest are used for cranberry juice, sauce, and other cranberry products.
 - Another common name for cranberry is “bounceberry” because they bounce when they are ripe.
 - **Ask the class:** Does anyone know how cranberries are grown?
 - The berries actually grow on flat, woody, evergreen bushes that are about 6 to 8 inches from the ground. They are planted in a mixture of sand, gravel, and peat.
 - We have all seen the television commercials with two men standing in a cranberry bog. Growers use water to help facilitate the harvest process. They flood the fields with water so the ripe berries can be skimmed from the top. Contrary to popular belief they are not actually grown in the water.
 - Cranberries bounce when they are ripe because of air pockets inside the berry. These air pockets also make the berry float.
 - Cranberries are harvested between September and November which is why they have been traditionally included in fall or winter celebrations.
-

Objective 1: Explain a health benefit provided by cranberries.

Time: 2-3 minutes

- **Ask the class:** New England sailors ate cranberries to help fight off scurvy, a disease that causes body sores, lethargy, and tissues to bleed. Cranberries are a good source of the vitamin that prevents this disease. Can anyone guess what that vitamin is?
 - Scurvy results from a deficiency of vitamin C. It was common for sailors to develop scurvy because they were on a ship longer than fresh fruits and vegetables could be stored.
 - Cranberries also contain vitamin A and fiber.
 - Another unique thing about cranberries is that they contain certain antioxidants that help prevent and treat urinary tract infections.
 - Cranberries help prevent tooth decay by preventing bacteria from sticking to the teeth and they have been shown to boost the immune system.
-

Objective 2: Describe cost- and time-effective strategies for incorporating cranberries into family meals.

Time: 3-5 minutes

- **Ask the class:** Cranberries are rarely eaten raw because they are so tart. How do you incorporate cranberries into your family’s diet? Do you have any favorite recipes that include cranberries?

- Examples of ways to use cranberries: Cranberries can be used in juice, sprinkled on salads, paired with other fruits and vegetables to enhance flavor; made into a sauce to compliment poultry and other meats; incorporated into breads, muffins, pancakes and scones; sprinkled on yogurt or cereal; jellied, canned, frozen, or dried.
- Cranberries can be used as the main ingredient but they are more often used as an accent flavoring to other foods.
- Cranberries can be substituted for dried cherries, currants, or raisins.
- Cranberries are not just for breakfast and turkey anymore! They can be a delicious addition to any meal all year long.

Objective 3: Explain how to select cranberries.

Time: 2-3 minutes

- **Ask the class:** Does anyone have any tips on how to select fresh cranberries at their prime?
- Fresh cranberries are usually only found in the fall and winter and come bagged.
- Look for cranberries that are bright red, plump, hard, and shiny.
- Pick out any berries that are shriveled, soft, spongy, or brown.
- Cranberries are at their peak in November, just in time for Thanksgiving!
- When cranberries are not in season, they can be enjoyed canned, frozen, dried, or as juice.

Objective 4: Describe preparation and storage techniques for cranberries, including cleaning, cooking, and storing.

Time: 5-10 minutes

- Fresh cranberries can be refrigerated for up to two months if stored in a sealed plastic bag.
- Cranberries require very little preparation. They need only a quick wash and rinse, and they are ready to go!
- The natural tartness in cranberries repels bugs so they are not usually sprayed with pesticides.
- Cranberries are sold in 12 oz. bags which is equal to 3 cups or 2 ½ cups chopped.
- As cranberries cook, the skins burst open making a popping sound.
- Fresh cranberries can be enjoyed all year round if they are frozen. They can be stored in the freezer for up to a year.
- Most recipes use only a small amount of cranberries. One freezer tip is to first chop the cranberries with a food processor or knife, then individually bag one-cup portions. It will be a cinch to add extra flavor and nutrients to recipes when you can just grab a bag from the freezer and dump it in your favorite recipe!
- Like other frozen fruits, cranberries should be added to recipes still frozen to prevent the juices from flowing out of the fruit.
- Fresh cranberries require the addition of a sweetener of some kind to offset the tartness. Some sweeteners can be sugar, honey, apple juice, orange juice, or the natural sweetness of other fruits.
 - Dried cranberries, or craisins, are sweetened during processing and will not need any other sweeteners.

Objective 5: Prepare and taste food that includes cranberries.

Time: 20 minutes

- Today we are going to make and taste a variety of recipes using cranberries.
- What holiday table is complete without cranberry sauce? This simple sauce is ready in less than 15 minutes and will make your house smell wonderful! It is also great on chicken and other meats and spread on sandwiches. *Demonstrate Apple Cranberry Sauce (see recipe pg. 6).*

- This spinach salad is as versatile as it is delicious. It can also be made with chicken, pears, mandarin oranges, cashews, cheddar cheese, or whatever else you have on hand. *Demonstrate Spinach Salad (see recipe pg. 6).*
- Cranberry Bruschetta is a perfect appetizer for any holiday get together! It can be served on baguette bread or on toasted French bread. It is also easy enough to use as a sauce for meats any time of the year! *Demonstrate Cranberry Bruschetta (see recipe pg. 6).*
- Looking for an inexpensive gift idea? This low-fat granola only costs about 16 cents per one-third-cup serving. Your neighbors will appreciate receiving something healthy amongst all the other seasonal goodies! This granola is tasty by itself, or sprinkled on yogurt or fruit. *Demonstrate Crispy Granola (see recipe pg. 7).*
- Here is a healthy and delicious way to dress up sweet potatoes for your Thanksgiving table. This recipe uses the natural sweetness of apples and orange juice instead of sugar. *Demonstrate Baked Sweet Potatoes with Apples and Cranberries (see recipe pg. 7).*
- Nothing says fall like an apple dessert! This Apple Cranberry Crisp combines the sweetness of apples with the tartness of cranberries. This classic recipe also has less sugar and fat than traditional cobbler recipes, but no one will notice! *Demonstrate Apple Cranberry Crisp (see recipe pg. 7).*

Conclusion

Time: 5 minutes

- Cranberries are a tasty, healthy way to get fruit into your breakfast, lunch, dinner, and snacks. They are packed not only with abundant flavor but are loaded with good nutrition, too.
- **Ask the class:** What did you learn today that you didn't know about cranberries before taking this class?
- **Ask the class:** What will you do differently to make cranberries a part of your families' diet now that you have had this lesson?
- **Ask the class:** Are there any questions?
- Thank you for attending.

Serve samples.

References:

Bittman M. How to Cook Everything Vegetarian. Hoboken, NJ. Double B Publishing, Inc. 2007.

Parsons R. How to Pick a Peach. New York, NY. Houghton Mifflin Company. 2007.

Mayo Clinic, University of California, Dole Foods, Inc. Encyclopedia of Foods. A Guide to Healthy Nutrition. Academic Press. San Diego, CA. 2002.

Wood R. The New Whole Foods Encyclopedia. New York, NY. Penguin Books. 2010.

Ensminger AH, Robson JRK, Ensminger ME, Konlande JE. Foods and Nutrition Encyclopedia: Volumes 1 and 2. Boca Raton, FL. CRC Press; 1994.

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.

In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

This institution is an equal opportunity provider and employer.



The Cranberry

~Not just for the Holidays!

Apple Cranberry Sauce

12 oz. fresh cranberries
6 oz. (1/2 can) apple juice concentrate

1 small can mandarin oranges, drained
2 – 4 tablespoons sugar, to taste

Combine all ingredients in a medium saucepan. Bring to a boil. Reduce heat to medium and cook until the cranberries burst, stirring often. Add sugar one tablespoon at a time to avoid over sweetening. Continue to cook until the desired consistency is reached. Can be served warm or chilled.

Yield: 2 cups

Cranberry sauce isn't just for Thanksgiving! It can be enjoyed all year long on any meat, on sandwiches, or as a fruit dip!

Spinach Salad

1 (6 oz.) bag baby spinach leaves
1 apple, cored and diced
1/3 cup finely chopped red onion

1/4 cup dried cranberries
Slivered almonds
3 tablespoons low-fat poppy seed dressing

Combine all ingredients except dressing in a bowl. Gently toss with poppy seed dressing just before serving.

Yield: 6 servings

Cranberry Bruschetta

1 1/2 cups fresh cranberries
1/4 cup granulated sugar
2 tablespoons red wine vinegar
1/2 medium red onion, thinly sliced into rings

2 garlic cloves, minced
2 teaspoons basil
1 teaspoon oregano

Combine cranberries, sugar and red wine vinegar in a medium saucepan. Bring to a boil. Add onion, garlic, basil, and oregano. Return to a boil and reduce heat. Simmer on low for 10 minutes or until cranberries pop. Pour into a glass bowl. Cool at room temperature. Spoon onto sliced baguette bread or toasted French bread.

Yield: 16 servings

Cranberries are harvested between September and November and it is believed they were on the very first Thanksgiving table.

These tart little beauties are full of vitamin C and beneficial antioxidants.

Choose the red, hard, plumb, and shiny cranberries. Store fresh cranberries in a sealed bag in the fridge for up to 2 months!

Crispy Granola

(adapted from Iowa State Extension)

2 egg whites

1/3 cup honey

1 teaspoon ground cinnamon

1 teaspoon vanilla

Dash of salt

3 cups uncooked rolled oats, quick or regular

1/2 cup chopped pecans or other nuts

1/2 cup dried cranberries

Preheat oven to 325°F. Spray a large shallow baking pan with non-stick cooking spray; set aside. Put egg whites in large bowl and use a whisk or fork to mix until frothy. Stir in honey, cinnamon, vanilla, and salt. Add oats plus nuts and/or dried fruit, if desired. Stir until oats are coated with egg mixture. Spread oat mixture evenly on prepared baking sheet. Bake about 25 to 30 minutes until golden brown, stirring mixture carefully every 5 or 6 minutes to prevent overbrowning. Remove pan to wire rack and cool completely until crispy and crunchy. Store in airtight container. Freezes well.

Yield: 12 (1/3) cup servings

Need a cheap holiday gift to give? This low-fat granola only costs about 16 cents per serving!

Baked Sweet Potatoes with Apples and Cranberries

4 large sweet potatoes, peeled and cut into 1 inch chunks

2 medium Granny Smith apples, peeled and diced

3/4 cup dried cranberries

1/2 cup orange juice

Preheat oven to 350°. Place sweet potatoes in a large baking dish. Top with diced apples and dried cranberries. Pour orange juice over all. Cover tightly with lid or foil. Bake for 1 1/2 hours or until sweet potatoes are tender when pierced with a fork.

Yield: 8 servings

Apple Cranberry Crisp

Filling:

5 cups thinly sliced peeled apples

1 cup dried cranberries

1 teaspoon sugar

1/2 teaspoon cinnamon

Topping:

1/2 cup quick-cooking rolled oats

2 tablespoons packed brown sugar

2 tablespoons whole-wheat flour

1/2 teaspoon cinnamon

1 tablespoon butter, melted

Preheat oven to 375° F.

For filling: In a 2-quart baking dish, combine apples and cranberries. In a small bowl, stir together sugar and cinnamon. Sprinkle over fruit mixture in baking dish; toss to coat.

For topping: In a small bowl, combine oats, brown sugar, flour, and cinnamon. Using a fork, stir in butter until crumbly. Sprinkle oat mixture evenly over apple mixture. Bake for 30 to 35 minutes or until apples are tender. Serve warm.

Yield: 6 servings

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This institution is an equal opportunity provider and employer.

DC 6.2011

FOOD\$ENSE
UtahStateUniversity
NUTRITION, DIETETICS, & FOOD SCIENCES