



# Interesting Cranberry Facts

## **Statistics –**

- In 2013, Wisconsin is expected to produce 4.9 million barrels of cranberries, representing more than 60 percent of the nation's crop and securing Wisconsin as the No. 1 cranberry producer in the United States for the 19th consecutive year.
- Cranberry exports have increased from less than 10 percent of Wisconsin's crop to nearly 33 percent just over the past decade.
- More than 250 growers produce cranberries on approximately 21,000 acres of land throughout 20 counties in central and northern Wisconsin.
- Cranberries are Wisconsin's largest fruit industry in both value and size.
- The cranberry was declared Wisconsin's official state fruit in 2004.
- Cranberries are ingredients in more than 1,000 food and beverage products on the market, and only 5 percent of Wisconsin's cranberry crop is sold as fresh berries.

## **Health –**

- Cranberries score among the highest of all fruits in antioxidants. Diets including fruits and vegetables with high antioxidant values, like cranberries, may help support memory function and coordination.
- Cranberries are a cholesterol free, fat free and low sodium food, and help maintain a healthy heart.
- Cranberries are part of a healthy diet and contain antioxidants that may help maintain a healthy immune system.
- As part of a healthy diet, cranberries can be added to low-fat vinaigrettes, whole grain pancakes and yogurt.

## **Sustainability –**

- The average age of cranberry beds in Wisconsin is 40 years, with the oldest bed reported to be planted 139 years ago, which shows the long-term commitment many growers have to the land, their local communities and economies.

## **Fun –**

- Contrary to popular belief, cranberries do not grow in water. A perennial plant, cranberries grow on low running vines in sandy bogs and marshes. Because cranberries float, Wisconsin marshes are flooded when the fruit is ready for harvesting.
- Cranberries were originally stored and shipped in wooden barrels weighing 100 pounds each. They aren't shipped in wood barrels anymore, but the 100 pound "barrel" standard is still used today.
- Europeans named the fruit "crane berry" because they thought the cranberry blossom looked like the head of a sandhill crane.

For more cranberry information, please visit [www.wiscran.org](http://www.wiscran.org) or follow [@WisCranberries](https://twitter.com/WisCranberries) on Twitter.