

## COOKING WITH CRANBERRIES

You will find fresh cranberries available in your supermarket produce section in the fall. While cranberries are in season, it's a good idea to buy extra bags for later use. Just put them in the freezer and enjoy fresh cranberry recipes year 'round! Cranberries freeze well for up to a year (wash in cold water before you use them, but not before freezing). When ready to use, do not thaw. Follow the recipe directions by simply using frozen berries in place of fresh berries.

### *Award-Winning Recipes • 2014 Wisconsin State Fair Classic Cranberry Scone with a Kick*

#### **Roasted Cranberry & Pear Scones** Gerry Cofta, Milwaukee, WI

2-3 pears, peeled and diced	1/4 tsp freshly grated nutmeg
1 c. fresh Wisconsin Cranberries	Pinch of allspice
2 c. all-purpose flour	1/4 tsp salt
1 T baking powder	4 T unsalted butter cut into slices
1/2 c. sugar, plus 1 T	1 c buttermilk, plus extra if dough seems too dry
1 tsp cinnamon, divided in half	
1 tsp crystallized ginger, chopped	

*Makes 8 scones.* Heat oven to 375°. On a lightly oiled sheet pan, toss pears, cranberries, 1/2 tsp cinnamon and 1 T sugar. Roast for about 20 min, stirring halfway through. Cool completely before adding to dough. Increase oven to 425°. Lightly grease scone pan. In a medium bowl whisk together flour, baking powder, 1/2 c sugar, 1/2 tsp cinnamon, ginger, nutmeg, allspice and salt. Using your finger, pinch the butter into the flour mixture until pieces larger than a pea remain. Stir in buttermilk until combined. Add more if dough appears dry. Gently fold in cooled roasted fruit. Using a muffin scoop, fill each wedge of your scone pan. Sprinkle with sugar for topping. Bake in preheated oven for 15-18 minutes or until lightly browned. Remove from the oven and let sit for 4-5 minutes to firm before removing from pan. Serve scones warm with butter and jam.

#### **Peppered Bacon, Cranberry & Cheese Scones** Sue Urbaniak, Wauwatosa, WI

3 c all-purpose flour	1 1/2 c (6 oz) shredded Gouda cheese
3 tsp baking powder	1 1/3 c dried sweetened cranberries
1 3/4 tsp coarsely ground pepper	4 bacon strips, cooked and crumbled
1 tsp salt	1 shallot, finely chopped
1/4 tsp cayenne pepper	1 c buttermilk
1/2 c cold butter	1 egg

*Makes 8 scones.* In a large bowl, combine the first five ingredients. Cut in butter until mixture resembles coarse crumbs. Stir in the cheese, cranberries, bacon and shallot. Whisk buttermilk and egg; set aside 1 T. Stir remainder into crumb mixture just until moistened. Turn onto a floured surface; knead 10 times. Pat into a 9-inch circle on greased cookie sheet. Cut into 8 wedges. Brush with reserved milk mixture. Bake at 400° for 20-25 minutes or until golden brown. Cut through wedges. Serve warm. .

For More Winning Recipes, visit WSCGA Website at: [www.wiscran.org](http://www.wiscran.org)

## CRANBERRY FUN FACTS

- ❁ Cranberries are native to North America. The 5 major states cranberries are grown in are: Wisconsin, Massachusetts, New Jersey, Oregon, and Washington.
- ❁ Wisconsin is expected to be the top cranberry-producing state in the nation for the 20th consecutive year, producing more than 60% of the country's crop.
- ❁ The USDA National Agricultural Statistics Service projects that Wisconsin will yield 5.3 million barrels of fruit during the 2014 fall harvest.
- ❁ The cranberry was officially named Wisconsin's state fruit on April 5, 2004.
- ❁ The first cranberry marshes in the state date back to the 1830's, even before Wisconsin became a state in 1848.
- ❁ In early times, cranberries were shipped to market in wooden barrels, transported by train. Each barrel weighed 100 pounds. Although many years have passed since cranberries were shipped in barrels, this unit of weight remains the industry standard.
- ❁ American recipes containing cranberries date from the early 18th century. Legend has it that Pilgrims may have served cranberries at the first Thanksgiving in Plymouth. Today, cranberries are found in more than 1,000 products throughout the world.
- ❁ 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.
- ❁ The largest export markets for U.S. cranberries are: United Kingdom, Germany, Mexico, France, Australia, Russia and Taiwan.

# Cranberries in Wisconsin



## WISCONSIN STATE CRANBERRY GROWERS — Association —

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**Wisconsin** continues to be a national leader in cranberry farming and produces almost 60% of the cranberries that Americans consume each year. Cranberries are an important part of the state and local economies providing jobs and income for residents in both rural and urban areas.

Cranberries have long been Wisconsin's number one fruit crop. Some 250 growers in 20 counties in central, northern and western Wisconsin continue the tradition of cultivating this unique fruit, maintaining an agricultural heritage that began in the mid-1800s. Some marshes in the state have been successfully producing a crop for more than 100 years. Growers have a strong commitment to the land, local communities and their families, and receive great satisfaction from working the land and providing a food crop that people all over the world enjoy.

The cranberry is grown in low lying areas where the soil has an acidic nature and there is an abundant supply of water and sand. Water is used for irrigation, frost protection, winter flooding for weather protection, and harvesting. Sand is used as part of cultural practices to rejuvenate vines and encourage new rooting and fruiting upright growth. Although it may take three to five years for a new cranberry bed to produce a large enough crop for harvest, vines will continue to produce a crop for several decades.

Contrary to popular belief, cranberries do not grow under water or in standing water. The low-growing, perennial vines blossom in late June or early July. Honeybees assist in pollination and small green berries are evident by early August. The cranberry matures in fall, when beds are flooded and the crimson berries are harvested.

Fruit to be sold fresh is harvested in the flooded marsh to gently remove the berry from



the vine. The fresh fruit is transported to warehouses where it is cleaned, dried, cooled and delivered for sale. Berries used for processed products are floated on the water, removed by harvesting machines and taken to plants where they are cleaned and frozen for processing.

While Wisconsin cranberry marshes occupy more than 180,000 acres, cranberries are actually harvested on only about 21,000 of those acres. The balance, called support land, consists of natural and man-made wetlands, woodlands and uplands.

This support land is not directly used for growing cranberries; however, its network of ditches, dikes, dams and reservoirs is necessary to ensure an adequate water supply. Since this land is relatively inaccessible, it provides an ideal refuge for wildlife and valuable habitat where plant and animal life flourish.

These natural wetlands help to control flooding as well as filter and recycle water. Growers protect and manage these areas as part of their normal farming practices. As a result, cranberry marshes are familiar territory to rare and endangered species. Bald eagles, calypso orchids, sandhill cranes, trumpeter swans, loons, ospreys, turkeys, wolves, and other wildlife flourish on cranberry marshes in the state.

Cranberries offer several important health benefits. Not only are they a healthy, low-calorie, fiber-rich fruit, but they also help maintain a healthy urinary tract, healthy heart and healthy immune system. Consider:

- ❖ Several studies have confirmed that cranberries can play an important role in urinary tract health. In fact the National Kidney Foundation recommends one large glass of cranberry juice a day to maintain good kidney health.
- ❖ Results of medical research suggest that cranberries may be beneficial in the prevention of ulcers, which are linked to stomach cancer and acid reflux disease.
- ❖ Cranberries minimize the formation of dental plaque, which is a leading cause of gum disease.
- ❖ Ongoing research continues to suggest that cranberries may offer a natural defense against atherosclerosis, which is a primary cause of cardiovascular disease.
- ❖ Cranberries contain hippuric acid, which has antibacterial effects on the body, as well as natural antibiotic ingredients.
- ❖ Studies have supported the role of naturally occurring anticancer agents in fruits and vegetables. Recent studies have shown that these compounds found in cranberries help protect cells from damage that may contribute to certain types of cancer.

Although more research is needed to understand the role cranberries may play in preventing certain types of cancer, The National Cancer Institute does recommend eating at least five to nine servings of fruits and vegetables a day. Cranberries fit nicely into this important dietary recommendation. For more information on the health benefits of cranberries, visit: [www.cranberryinstitute.org](http://www.cranberryinstitute.org).