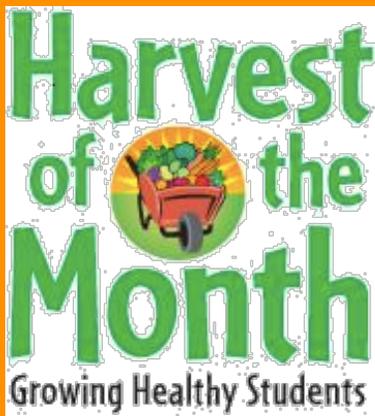


CHEQUAMEGON BAY



November



Did you know...

- ✓ Cranberries are sometimes called bounce berries because they bounce when ripe.
- ✓ Wisconsin produces about 300 million pounds of cranberries every year, making our state the leading producer in the nation.
- ✓ Prior to the cranberry-flower blossoming, the flower and stem resemble the neck, head and bill of a crane and early settlers knew it as the "craneberry" because of this image.
- ✓ Cranberries are used as ingredients in over 1,000 food and beverage products.

Cranberries

How to Select and Store Cranberries

Find fresh cranberries in the fall and frozen and dried cranberries ("craisens") year-round. Fresh cranberries should be shiny and plump and range in color from bright light red to dark red. Shriveled berries or those with brown spots should be avoided. Cranberries do not continue to ripen after harvest. Fresh cranberries may last up to 2 months in the refrigerator. Washed cranberries may be frozen for up to 1 year in airtight bags.

How to Eat Cranberries

Because of their tart flavor, most people prefer cranberries cooked. Cook fresh and frozen cranberries only until they pop as overcooking may give them a bitter taste. Cranberries may be baked with a sweetener to make a topping or sauce, added to baked goods, such as muffins, and craisens make a great addition to trail mix.

Nutrition Benefits of Cranberries

A serving of fresh cranberries is a good source of vitamin C and fiber; provides antioxidant polyphenols; and contains only 1 mg of sodium. Research shows consumption of cranberries may help prevent urinary tract infections, ulcers, gum disease, certain cancers and more.



BUY LOCAL

These local stores are committed to selling wholesome foods, including local and regional produce whenever possible.



Homestead Gardens - (715) 373-2770

77065 State Hwy 13 Washburn, WI

Hours: Mon & Sat 10am-5pm all year
(Fridays through Thanksgiving)

A wide assortment of sustainably grown vegetables, fruits, and herbs; bulk foods to include organic and gluten free legumes, whole grains, flours, nuts, dried fruits, spices; as well as locally produced grass-fed beef, organic bacon, sausages, brats, etc.



Chequamegon Food Coop

(715)-682-8251

215 Chapple Avenue Ashland, WI

Hours: Mon-Fri 8am-8pm,
Sat 8am-7pm, Sun 10am-5pm

Fresh fruits and veggies...more than 90% organic and local when we can get 'em. What's not to love! We stock our shelves by working with a number of local, regional, and national distributors. Kids 12 & under can sign up to be a part of our Cheeky Monkey program and receive a FREE carrot, apple, or banana every time they visit!

EAT A RAINBOW For Health!



Cooking Corner



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Cran-merry Solstice Sauce

Ingredients

- 24 oz of fresh or frozen cranberries, about 3 cups (or substitute peeled and chopped apples for half of the cranberries for a milder cran-apple sauce)
- 1 cup apple cider or juice (or try orange juice for a tangier sauce)
- 1/3 cup maple syrup (can also use honey, but add in at the very end after cranberries have been removed from the stove)
- 1/2 tsp cinnamon (optional)
- 1/2 tsp allspice (optional)
- 1 Tbsp fresh grated ginger (optional)

- 1 **Rinse** cranberries in a colander. Pick out and discard and damaged or bruised berries.
- 2 **Combine** cranberries, apple cider and ginger into a small saucepan. Bring to a boil. Turn heat to medium and continue to cook until most of the cranberries have burst. Stir often so cranberries do not burn!
- 3 **Add** maple syrup and spices. Turn heat to low and continue to simmer until sauce thickens to desired consistency. Sauce will continue to thicken as it cools.