Cranberries: A Tiny Berry with Big Benefits!

What Are Cranberries?

Cranberries are small, round berries that grow on low vines in sandy bogs and wetlands. They are known for their bright red color and tart flavor. Cranberries are native to North America and are commonly enjoyed during the fall and winter months.

Fun Facts About Cranberries

- Cranberries can bounce when they are fresh and ripe.
- Unlike many fruits, cranberries float in water because they contain tiny air pockets.
- The United States is one of the world's largest producers of cranberries.
- Cranberries are harvested in the fall, often by flooding the bogs where they grow.
- Fresh cranberries can be stored in the refrigerator for several weeks.

Ways to Enjoy Cranberries

- Fresh in salads
- Dried as a snack
- Mixed into oatmeal
- Added to muffins and breads
- Blended into smoothies
- Cooked into cranberry sauce
- Baked into cookies, cakes, and crumble bars

Nutrition Highlights

Cranberries are:

- Low in calories
- A good source of vitamin C
- Packed with antioxidants
- Naturally fat-free
- A source of fiber

Health Benefits

Cranberries may help:

- Support a healthy immune system
- Protect cells from damage caused by free radicals
- Promote urinary tract health
- Support heart health as part of a balanced diet
- Contribute to healthy digestion

Did You Know?

It takes about **4,400 cranberries** to make one gallon of cranberry juice!

Try This!

Count how many foods in your kitchen contain cranberries. Then taste a fresh cranberry and describe its flavor using three words.

Color: Red
Shape: Round
Taste: Tart and slightly sweet

Southern California Tribal Chairmen's Association
SCTCA
Food Distribution