

WORDS THAT DESCRIBE **CRANBERRIES**

FLAVOR • COLOR • TEXTURE

bitter

scarlet

raw

perfumey

woody

ephemeral

acidic



carmelized

honey

tart

fermented

sweet

astringent

waxy

sour



Looking Back

History

The native Wampanoag people were among the first to cultivate these tart berries - more than 12,000 years ago. European colonizers in the 1600s named them after noticing that the North American berries resembled a species of cranberry native to England. In 1816, colonizers began cultivating cranberries for commercial use. Pickled cranberries were shipped to Europe from Salem, NJ, as early as 1700.



What's in a Name?

Vaccinium macrocarpon, aka...

The Lenape word for cranberry is pakim or ibimi, both of which translate to "bitter berry" or "sour berry." Pakimintzen means "cranberry eater" and was the name for a sachem (chief) who used the fruit as a symbol of peace. Cranberries were called sasemineash by the Narragansett and sassamenesh by the Algonquin and Wampanoag tribes. The name, Perkiomen Creek (in southeastern Pennsylvania), comes from the Lenape word pakihomomink – "where there are cranberries growing."

They also were called "Cran Berry, or Bear Berry, because Bears use much to feed upon them," writes John Josselyn, in his 1672 work, "New England's Rarities Discovered in Birds, Beasts, Fishes, Serpents, and Plants of That Country."



Maps, Migration, & Culture

Around the World

When the ice caps shrank after the ice age more than 10,000 years ago, glaciers left wide swaths of low-lying wetland perfect for cultivating cranberries. Native Wampanoag people and other indigenous peoples made use of the areas to cultivate the berries.



GARDEN STATE ON YOUR PLATE SM IS A PROJECT OF THE PRINCETON SCHOOL GARDENS COOPERATIVE, PRINCETON PUBLIC SCHOOLS, AND POMPTONIAN FOOD SERVICE, WITH GENEROUS SUPPORT FROM BENT SPOON, WHOLE EARTH CENTER, LILLIPES BAKERY, AND CHURCH & DWIGHT EMPLOYEE GIVING FUND.

© Adobe Stock • Rachel Diamond Design

SM

Google Translates

Words for Cranberries

Latin: vaccinia oxycocca

Arabic: altuwt albariyu

Cantonese: 蔓越莓

Farsi/Persian: zaghal akhteh

French: canneberges

Haitian Creole: kannèj

Hindi: क्रैनबेरी

Japanese: クランベリー

Spanish: arándanos

Ukrainian: журавлина



Heart & Soul

Art & Literature

Are cranberries mentioned in the Herman Melville classic, "Moby-Dick, or The Whale?"
Jill Erickson, longtime reference librarian at Falmouth, MA, Public Library, whose own defining quote is "the more you know, the better you're going to be," gets to work, first with Project Gutenberg, a digital library of free ebooks.

"The quotation in question is:

'Go out with the crazy Captain Ahab? Never! He flat refused to take cranberries aboard. A man could get scurvy, or worse, whaling with the likes of 'im'."



Eastman Johnson, The Cranberry Harvest, Island of Nantucket, 1880, oil on canvas, 69.5 x 138.4 cm (27-3/8 x 54-1/2 in.), Putnam Foundation, Timken Museum of Art'

<https://collections.artsmia.org/art/692/vessel-nasca-artist>



A Closer Look

Botany

Cranberries are a low-growing, vining, woody perennial plant, pollinated mostly by honeybees. They are related to bilberries, blueberries, and huckleberries. The North American cranberry, *Vaccinium macrocarpon*, Aiton, is a member of the family Ericaceae that is composed of about 1350 species. There are four major varieties of cranberries: American, European, Mountain and Highbush. American generally is used for juice and sold as fresh berries.

"Bounceberry" is a nickname for cranberry, because small air-filled chambers inside a cranberry cause the fruit to bounce, and also to float.

Companion plants: lingonberries, blueberries



Ripe for the Picking

Season's Best

Peak harvest for cranberries is October-November in the northern hemisphere; those fresh cranberries are in supermarkets from around mid-October through December.

In Chile, where cranberries are grown for the US market in the Valdivia area, in the Los Ríos Region, and in the Araucanía Region, they are harvested when the spring rains begin.



Soil & Sun & Water

In the Garden

Cranberries, a perennial plant, need full sun, and do best on dry, often sandy land and can be plucked like blueberries at a pick-your-own farm. At commercial scale, farmers also have a short, dry harvest, using a raking machine to pick the ripe berries off the vines. Afterward, many flood their farms with fresh water, making the ripe berries float. Then the area is mechanically combed to capture the fruit.

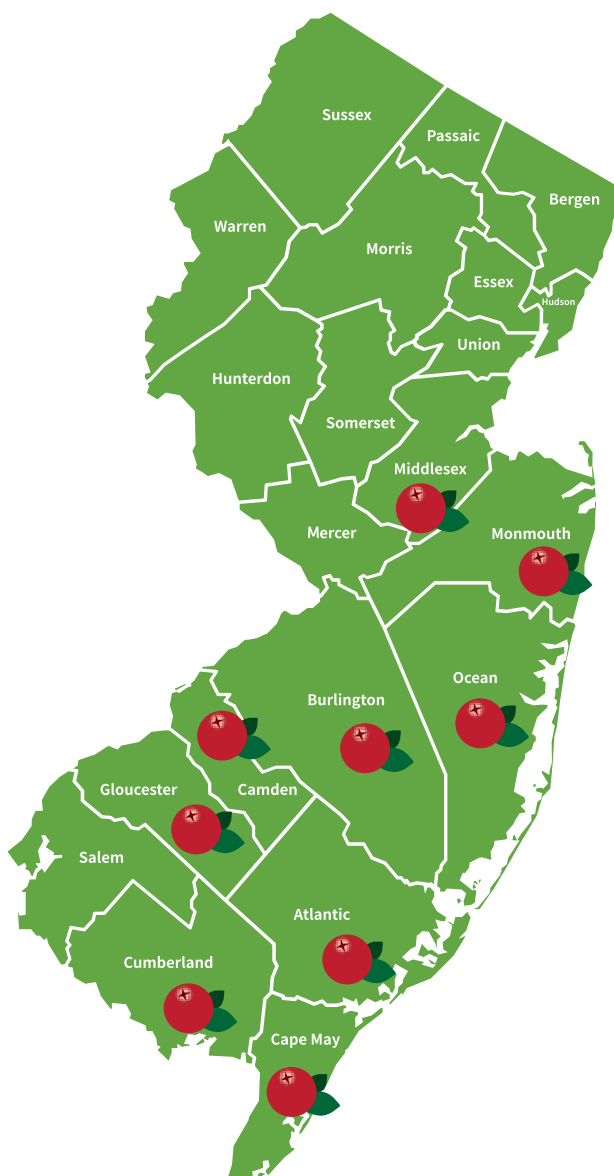


By The Numbers

Math & Money

The Garden State, along with Wisconsin, Massachusetts, and Oregon are major growers. The main counties for cranberry growing in New Jersey are Burlington, Atlantic, and Ocean, with production centered in Burlington. The native fruit also is grown in Camden, Cape May, Cumberland, Gloucester, Middlesex, and Monmouth counties.

There are approximately 450 cranberries in a pound, and 4,500 cranberries in one gallon of juice.



In the Kitchen

Poet, lawyer and chronicler of the French exploration of Acadia (Maine and the Maritimes in Canada) Marc Lescarbot (c.1570 - 1641) observed Native Americans eating cranberry sauce with meats. They also made pemmican by incorporating the fruit with pulverized dried fish or meat and melted tallow, which they formed into cakes to bake in the sun. In 1796 Amelia Simmons recommended in "American Cookery" that turkey be served with "boiled onions and cranberry-sauce, mangoes, pickles, or celery"

For most people, cranberries are too tart to eat raw. To cook them, heat the cranberries just enough that they pop; too much cooking can make them bitter. Because fresh cranberries are only available in the fall, you can buy extra during this season and freeze them, raw, in the package, for later use.



Cranberries &...

Ingredient Pairings

Pair cranberries with sweet fruits - apples, oranges or dates - for balance. Add them to batter for muffins, to a pilaf with brown rice and toasted nuts, or to oatmeal, sauces, chutneys, or relishes.

INGREDIENTS THAT GO WELL WITH CRANBERRIES

allspice • apples • apricots • chicken • cinnamon
cloves • cream cheese • currants • ginger • goat cheese
honey • lemon juice • lime zest • maple syrup • oats
orange • peaches • pears • pork • pumpkin • raisins
quince • star anise • sugar • sweet potatoes
tangerines • thyme • turkey • vanilla • walnuts



CLIMATE IMPACT OF CRANBERRIES

ONLY THOSE GROWN LOCALLY AND SEASONALLY

Greenhouse gas emissions per kilogram of food product

Our World
in Data

Greenhouse gas emissions¹ are measured in kilograms of carbon dioxide-equivalents². This means non-CO₂ gases are weighted by the amount of warming they cause over a 100-year timescale.



Data source: Poore and Nemecek (2018)

OurWorldinData.org/environmental-impacts-of-food | CC BY

Dry-harvest cranberries use less water and are sold fresh; look for them in packages in supermarket produce sections and freeze in the package for use through the year. Conventionally-grown cranberries (95 percent of the commercial crop) have a very large foodprint because they are grown with many pesticides and fertilizers, which have negative impacts on the neighboring ecosystems, from soil and water to insects and wildlife. Look for USDA Certified Organic cranberry products (like juice, raisins and cranberry sauce).

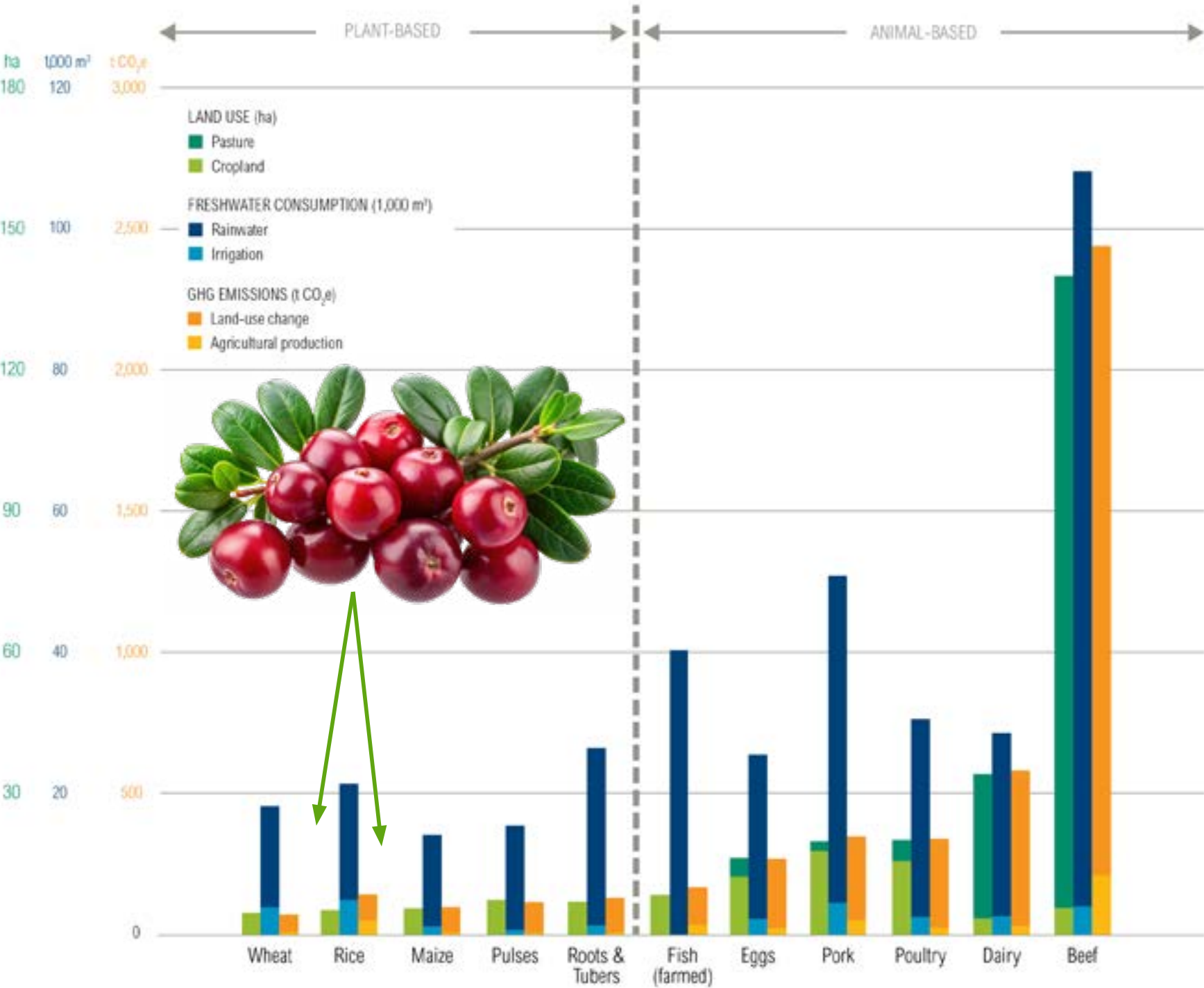


RESOURCE INTENSITY OF CRANBERRIES

ONLY THOSE GROWN LOCALLY AND SEASONALLY

Animal-Based Foods Are More Resource-Intensive than Plant-Based Foods

PER TON PROTEIN CONSUMED



wri.org/shiftingdiets

WORLD RESOURCES INSTITUTE

<https://www.wri.org/data/animal-based-foods-are-more-resource-intensive-plant-based-foods>

Dry-harvest cranberries use less water and are sold fresh; look for them in packages in supermarket produce sections and freeze in the package for use through the year.

Conventionally-grown cranberries (95 percent of the commercial crop) have a very large footprint because they are grown with many pesticides and fertilizers, which have negative impacts on the neighboring ecosystems, from soil and water to insects and wildlife. Look for USDA Certified Organic cranberry products (like juice, raisins and cranberry sauce).



Garden State on Your Plate

Cranberry Tasting

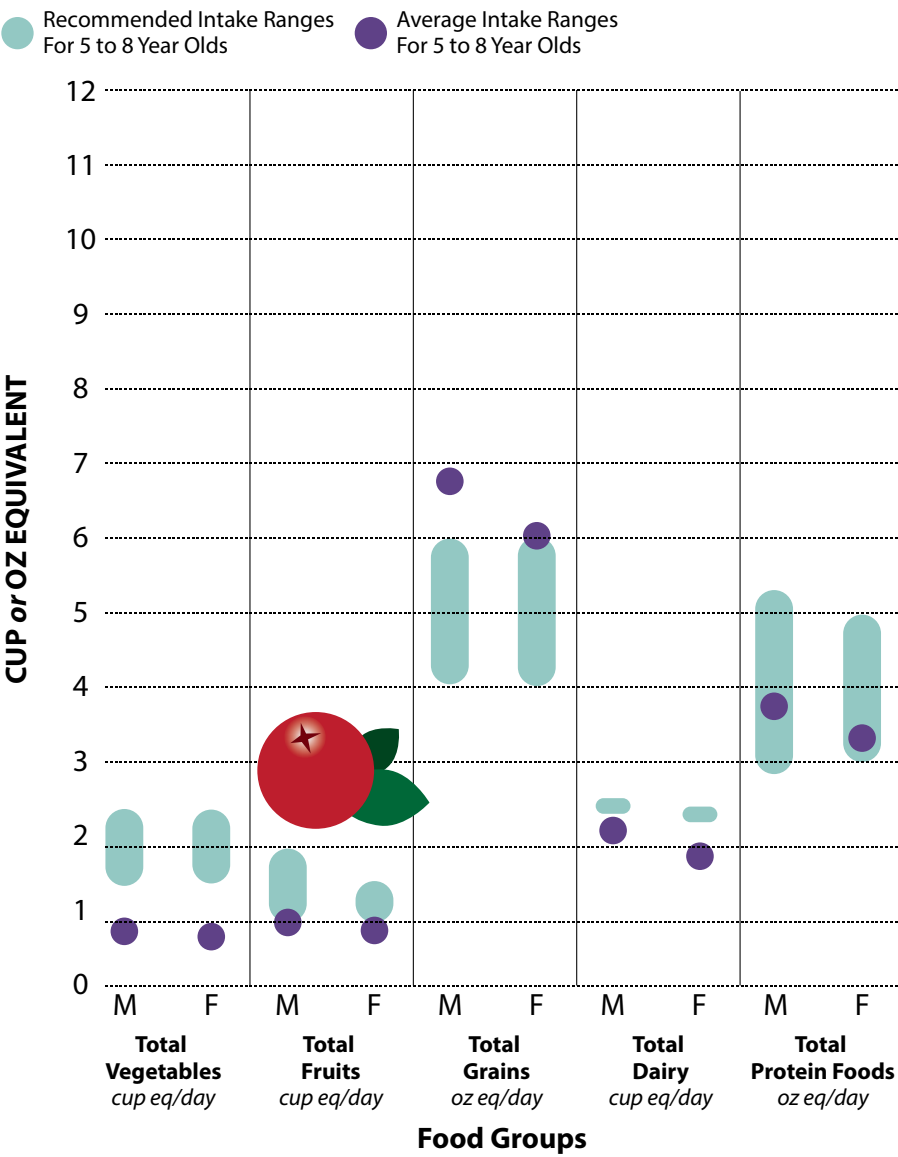
To conduct your own tasting, begin by tasting a raw cranberry, then a dried, sweetened cranberry. Try cranberries in a spicy salsa with toasted tortilla, and a sweet-and-sour sauce alongside wontons. Try each with a squeeze of citrus or salt, or both. How does the flavor change?



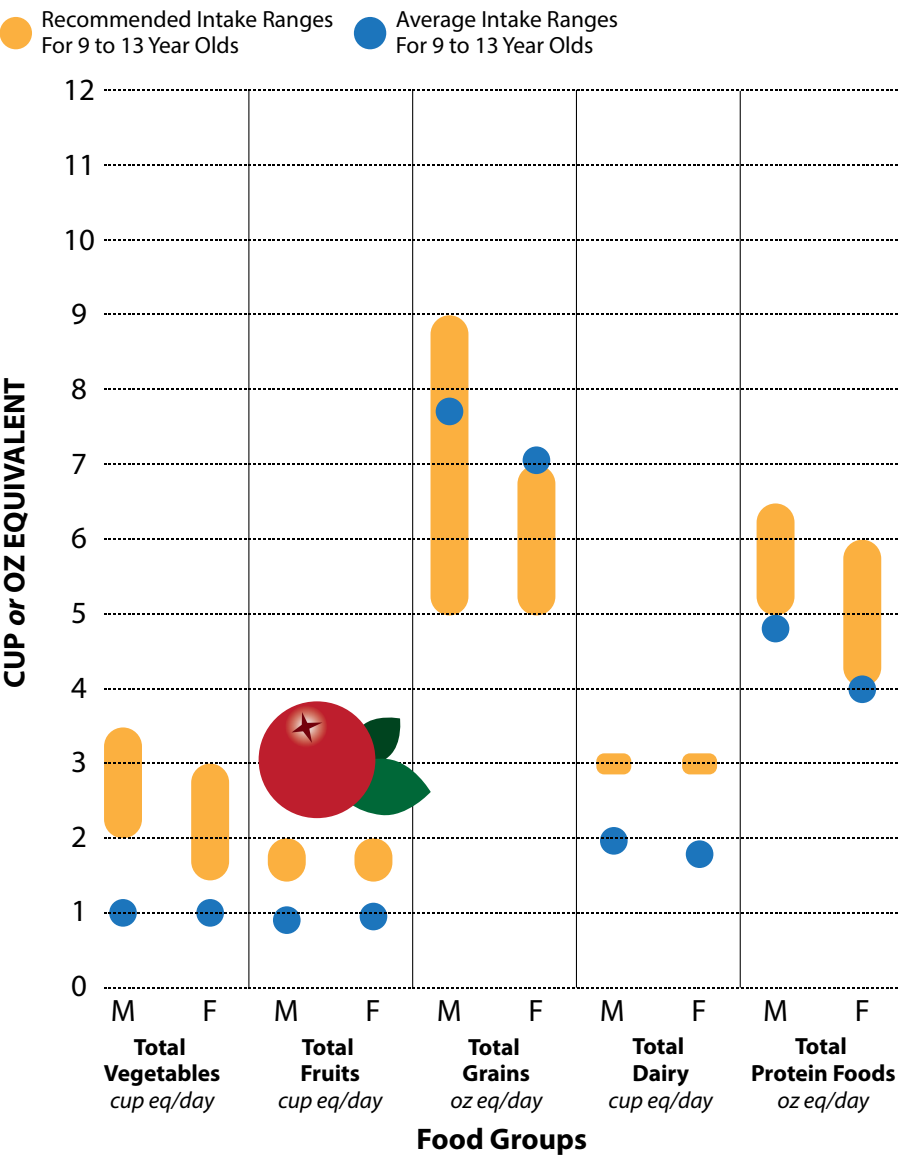
Nutrition for Body & Mind

Fuel for Learning
& Powerful Play

Current Intakes: Ages 5 Through 8

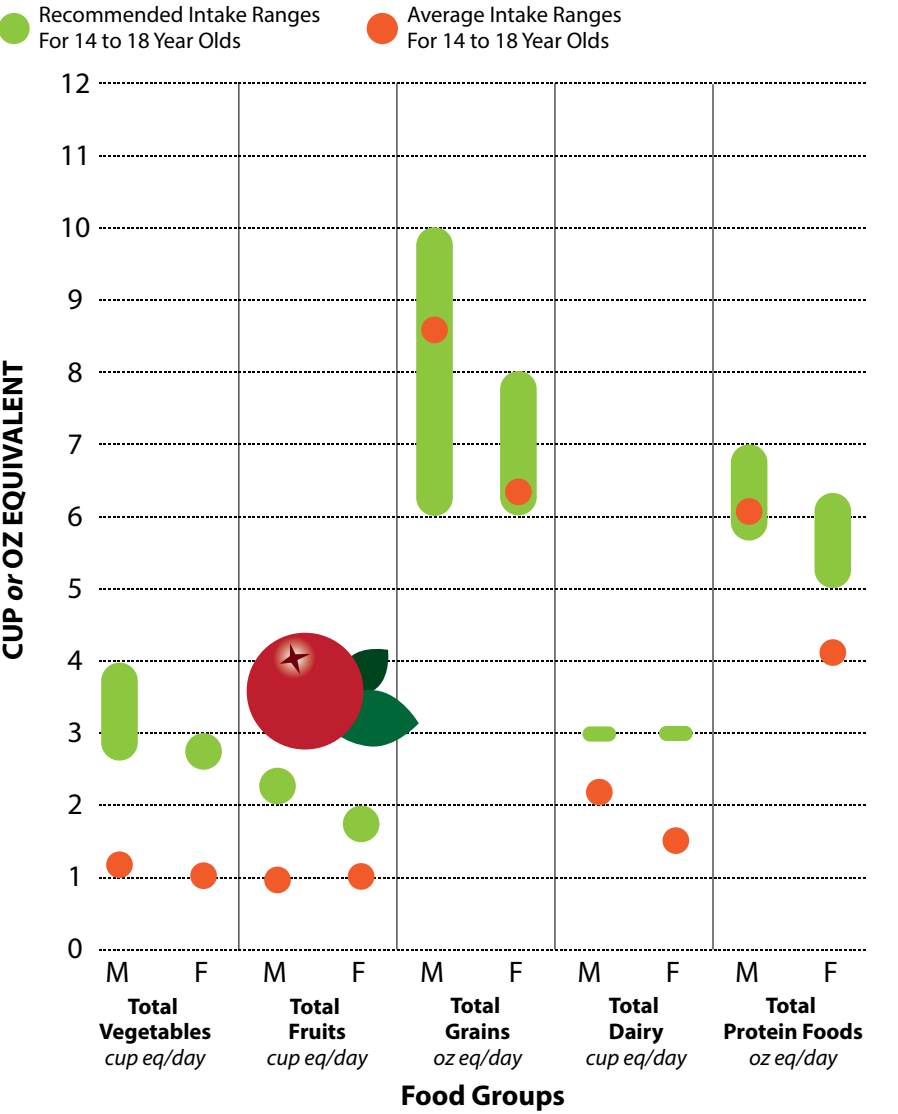


Current Intakes: Ages 9 Through 13



<https://www.dietaryguidelines.gov/>

Current Intakes: Ages 14 Through 18



Cranberries are a good source of many vitamins, including Vitamin A and Vitamin C, and contain potassium and manganese, and antioxidants. However, when cranberries are dried, they lose most of their vitamins, but they hold on to other nutrients such as potassium and calcium.



Credits

<https://www.nal.usda.gov/collections/stories/cranberries#:~:text=The%20cranberry%20was%20first%20cultivated,confined%20to%20the%20United%20States.>

<https://www.harryanddavid.com/articles/food-drink/cranberry-facts>

<http://www.pineypower.com/cranberries.htm#:~:text=New%20Jersey%20is%20currently%20the,700%20acres%20planted%20in%20cranberries.>

<https://www.nj.gov/agriculture/news/press/2019/press191028.shtml>

<https://www.webmd.com/food-recipes/health-benefits-cranberries>

<https://www.timkenmuseum.org/collection/the-cranberry-harvest-island-of-nantucket/>

<https://www.falmouthpubliclibrary.org/blog/the-hunt-for-the-cranberries-in-moby-dick-an-adventure-story/>

<https://www.falmouthpubliclibrary.org/blog/a-farewell-to-falmouth-public-library/>

<https://www.gutenberg.org/files/2701/2701-h/2701-h.htm>

<https://www.nytimes.com/1973/10/21/archives/the-cranberry-ruby-of-the-barrens-new-picking-method-taken-on-a.html>

<https://lenapeprograms.info/lenape-delaware-indian-resources/lenape-history/>

<https://foodprint.org/blog/cranberries-bogged-down-in-water-and-pollution/>

<https://www.freshfruitportal.com/news/2024/05/06/the-growth-of-the-only-cranberry-producers-outside-north-america/>

Garden State on Your Plate is a K12 program that uses local produce, school cafeterias, campus lands, and student demographics to illustrate and amplify curriculum. The program, designed to elevate the everyday quality of school foods and to increase participation in the National School Lunch Program, was created in 2010 by the Princeton School Gardens Cooperative in partnership with Princeton Public Schools, and with funding from the Robert Wood Johnson Foundation.



psgcoop.org