

FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is the **CRANBERRY**

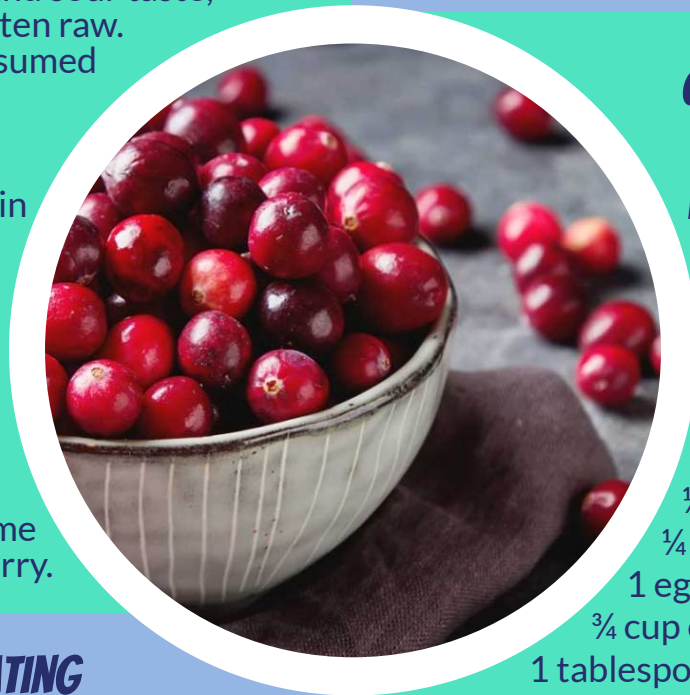
CRANBERRY FACTS:

Cranberries are a member of the heather berry family and are related to blueberries and lingonberries. They are small, hard, round, red fruits with a flavor described as both bitter and sour.

Due to their very sharp and sour taste, cranberries are rarely eaten raw. They are most often consumed as juice.

They grow on vines in freshwater bogs, mostly in the northern US and southern Canada.

Dutch and German settlers called it "crane berry" because the vine blossoms resembled the neck, head and bill of a crane. Over time, the name was shortened to cranberry.



The cranberry is one of only a handful of major fruits native to North America.

Cranberries can be cooked with apples, mixed with oatmeal, made into a relish, added to trail mix, used in desserts of all kinds, even ice cream!

CRANBERRY NUT BREAD II RECIPE:

Prep: 15 mins | Cook: 1 hr 10 mins
Servings: 10

Ingredients:

- 2 cups all-purpose flour
- 1 cup white sugar
- 1 ½ teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- ¼ cup butter
- 1 egg
- ¾ cup orange juice
- 1 tablespoon grated orange zest
- 1 ½ cups fresh or frozen cranberries
- ½ cup chopped walnuts

Directions

1. Preheat oven to 350 degrees. Lightly grease an 8x4 inch loaf pan.
2. In a medium bowl, mix together the flour, sugar, baking powder, salt and baking soda. Cut in the butter until the mixture resembles coarse crumbs.
3. In a small bowl, beat the egg, orange juice and orange zest. Blend into the dry mixture. Stir in the cranberries and walnuts. Transfer to the loaf pan.
4. Bake in the preheated oven 65 to 70 minutes, or until a wooden toothpick inserted at center comes out clean. Cool in pan 10 minutes, remove to wire rack and cool completely before serving.

HEALTH BENEFITS OF EATING CRANBERRIES:

- Drinking cranberry juice or taking cranberry supplements can lessen the risk of UTIs (urinary tract infections)
- Helps reduce inflammation in the arteries of the heart which can help lower the risk of heart attack
- May decrease "bad" cholesterol (LDL) in people with diabetes
- May increase "good" cholesterol (HDL)
- May help prevent certain forms of cancer and ulcers
- Fiber in whole or dried cranberries helps prevent constipation and supports digestive health
- May help to prevent kidney stones

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