Food Hero
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**Give Your Family
More of the Good Stuff!**

OSU Oregon State UNIVERSITY
Extension Service

Cranberry Basics

$hop and $ave

❀ Look for cranberries that range in color from light to dark red and are plump, glossy, and firm. White berries mixed in with the red do not need to be discarded. They are mature and have a milder flavor.

❀ Avoid berries that are shriveled, soft or decaying.

❀ Fresh cranberries are available from October through early January.

❀ Dried cranberries are often available in bulk food sections. They might be less expensive and you can buy small amounts.

❀ Frozen cranberries are available all year. Or buy fresh cranberries when they are in season and freeze your own.

Cranberries are a good source of vitamin C.

Types of Cranberries

Fresh cranberries are bland but tart. They are generally added to recipes, not eaten alone. They are also available as frozen berries.

• **Red cranberries** – deep red color is desirable; tartness develops as the color deepens.

• **White cranberries** – harvested for juice rather than sold fresh.

Cranberry products that are available all year include: **cranberry juice** and **juice blends, canned cranberry sauce,** and **dried cranberries.**
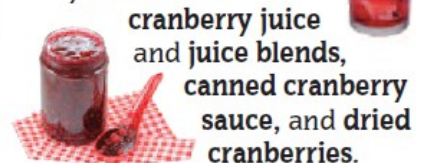
These processed cranberry products usually have added sugar. Dried cranberries can be found without added sugar.

Store Well Waste Less

■ Store fresh cranberries in their original packaging or a tightly sealed plastic bag for up to 2 months in a refrigerator crisper. Remove any soft or decayed berries to help them store longer.

■ Rinse fresh cranberries just before using.

■ Fresh cranberries can be frozen and stored for up to 1 year. Freeze in the original plastic packaging as purchased or transfer to freezer bags for longer protection. They do not need to be thawed before using.

12-ounce bag of fresh cranberries = about 3 cups

Coastline Caring for the community.