

# Cranberries

**Cranberries initially are white but turn red when fully ripe.**

**Most cranberries are picked by machines, which damage the berries.**

**Machine-picked cranberries are used for juice and jams. Fresh whole berries are picked by hand.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER

# Cranberries

**Ninety-five percent of the nation's cranberry crop is processed into juice, sauce, and dried cranberries.**

**Fresh cranberries can last up to 2 months in the refrigerator.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



SM

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER

# Cranberries

**New Jersey is the  
third-largest cranberry  
producer in the nation  
after Wisconsin and  
Massachusetts.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



SM

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER

# Cranberries

**Cranberries grow on low-lying trailing vines. They grow best in acidic bogs.**

**Cranberry vines are perennial. Some producing cranberry bogs are well over 100 years old.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER

# Cranberries

**Cranberries are related to bilberries, blueberries, and huckleberries.**

**There are four major varieties of cranberries: American, European, Mountain and Highbush.**

**American is the most common variety used for juice and sold as fresh berries.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER

# Cranberries

**Cranberries, along with blueberries and Concord grapes, are the three main fruits native to North America.**

**Other native fruits include papaws, persimmons, mayhaws, salmonberries, serviceberries, and more.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER

# Cranberries

**Cranberry vines  
are perennial.  
Some producing cranberry  
bogs are well over  
100 years old.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER

# Cranberries

**Small air-filled chambers inside a cranberry cause the fruit to bounce, and also to float.**

**“Bounceberry” is a nickname for cranberry.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER



# Cranberries

**“Craneberry” is the name that early European settlers gave to cranberries because the cranberry flower and its stem resemble the neck, head and bill of a crane.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER

# Cranberries

**Cranberries were often kept on whaling ships in the 1800s as a source of vitamin C for sailors to ward off scurvy.**



© Can Stock Photo / margo555



GARDEN STATE ON YOUR PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

IN PARTNERSHIP WITH PRINCETON PUBLIC  
SCHOOLS AND POMPTONIAN FOOD SERVICE  
WITH GENEROUS SUPPORT FROM BENT SPOON  
AND WHOLE EARTH CENTER