

# Cranberries



## Selecting

Look for firm, dry berries with good clear pink to red colour. There are four major varieties of cranberries, but generally they all taste the same.

You most often find fresh cranberries sold in plastic bags or in the freezer section. You can also buy dried cranberries that are sweetened and can be used similarly to raisins.

## Storing

Fresh cranberries will keep for up to 6 weeks in a plastic bag in the refrigerator. Or, put fresh cranberries in a plastic bag and place directly in the freezer to store for up to 12 months. Frozen cranberries can be used in cooking or baking without thawing.

## Preparing

Before using fresh cranberries, discard any soft, discoloured, moldy or wrinkly berries and remove any stems. Rinse quickly in a bowl of water and drain.

Fresh cranberries are never eaten raw since they are hard and bitter.

They can be steamed or boiled just until they start to pop (i.e. the skin on berries show signs they are about to split). Prepared cranberries are usually mixed with other fruits or sugar to sweeten the taste. Mixing them with other fruits will help to reduce the amount of sugar needed to sweeten them.

## Eating

Cranberries are very versatile. They can be used in sauces, muffins, salads and desserts.

## Seasonality

Cranberries are harvested in September and October but are readily available in frozen form all year long.

## Nutrition

One cup of cranberries has 46 calories. They are high in Vitamin C and fibre.



**A great holiday side, Chef Michael Smith's Cranberry Braised Red Cabbage is a must-try!**  
[www.halfyourplate.ca/cranberry-braised-red-cabbage](http://www.halfyourplate.ca/cranberry-braised-red-cabbage)

