



Oregon State University Extension Service

Oregon Cranberries

2015 Oregon Family and Community Educators



Cranberries make delicious memories



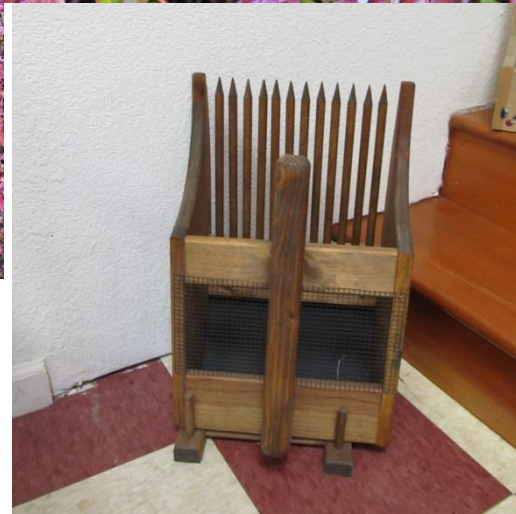
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November 21, 2014

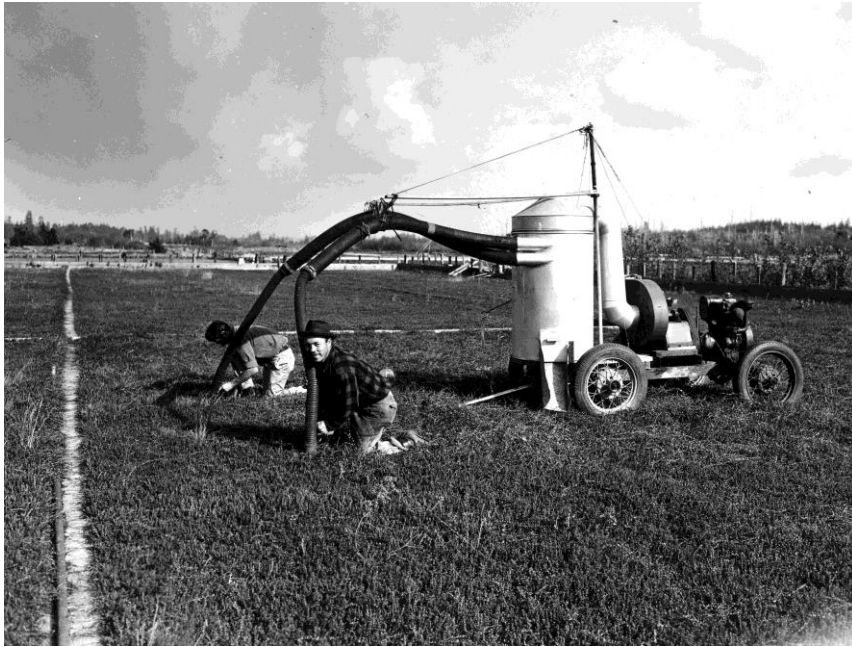
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Oregon Cranberries



Early Oregon Cranberry Harvest



Cranberry Development Research



Cranberry Harvest: Beating the berries loose from vines



Cranberry Harvest: Collecting the Berries



Dry Harvesting Cranberries for Fresh Market



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November 21, 2014 Surrounding Photos: Lynn Ketchum Copyright: © 2009 Oregon State University
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A Ruby Jewel: Cranberries are a *Superfood*



Vitamin C

strong immune system, healthy gums and teeth,
decrease heart disease



Potassium

maintain blood pressure



Dietary fiber



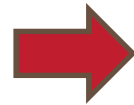
Health Benefits of Cranberries BEYOND Basic Nutrition



phytochemicals naturally occurring plant compounds



Antioxidants



fight free radicals (contribute to heart disease, cancers)



anthocyanins

proanthocyanidins (pacs)



Heart health



reduce UTI risk

