



## Oregon Cranberries – Participant Handout

### *Cranberry Matching Game*

Directions: Match the terms listed on the left side of the page with their answers listed on the right side:

#### Terms

1. Phytochemicals: \_\_\_\_
2. Anthocyanins: \_\_\_\_
3. Proanthocyanins: \_\_\_\_
4. Antioxidants: \_\_\_\_
5. Free Radicals: \_\_\_\_
6. One cup of fresh, chopped cranberries: \_\_\_\_
7. Berries, broccoli, sweet potatoes, leafy greens, and tomatoes: \_\_\_\_
8. Four ounces of 100% cranberry juice, or ½ cup dried cranberries: \_\_\_\_
9. Dental Health and Cancer Prevention: \_\_\_\_
10. *E. coli* bacteria: \_\_\_\_

#### Answers

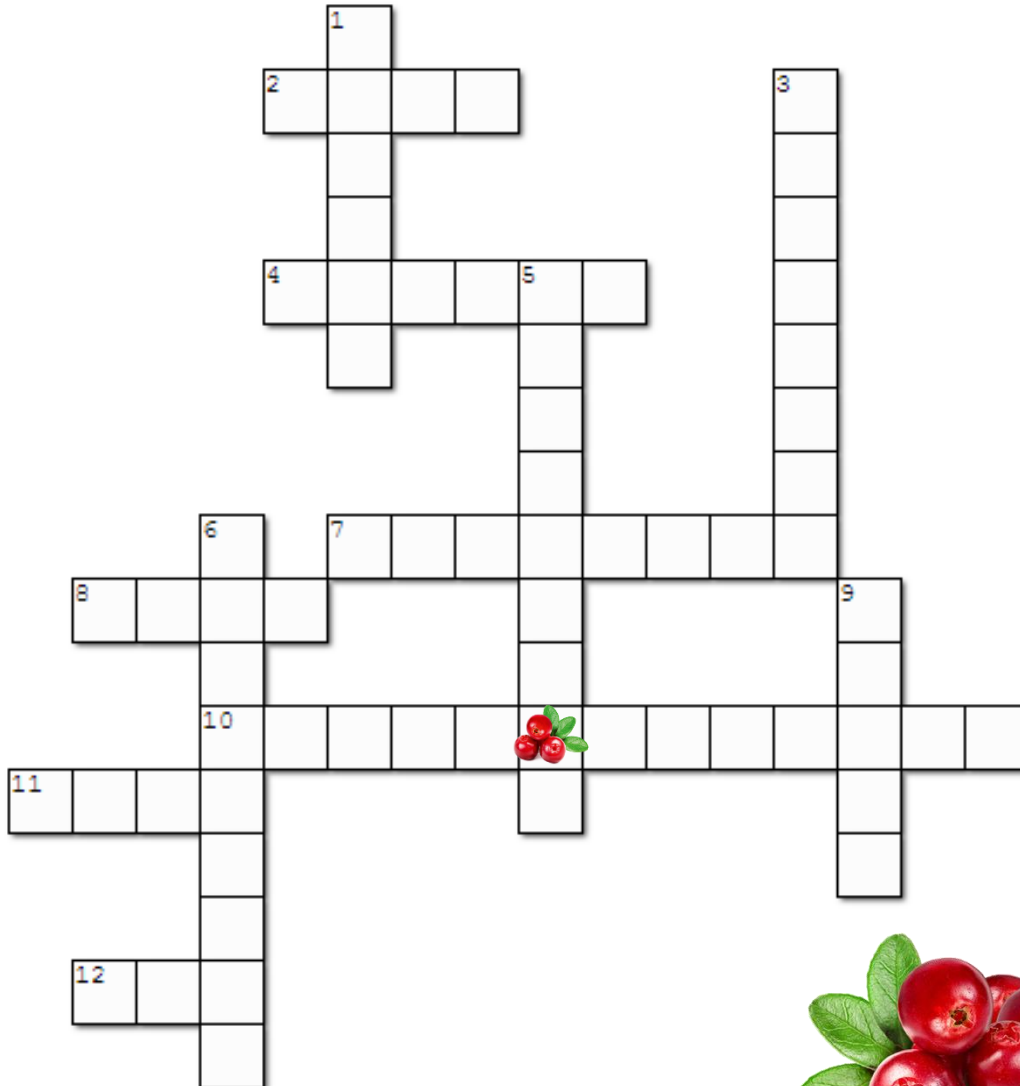
- A. Contains >5 grams of dietary fiber, potassium, and >20% of the Daily Value for vitamin C
- B. Naturally occurring plant compounds that provide a wide range of health benefits
- C. Causes 80-90% of urinary tract infections
- D. Give cranberries their brilliant red color, and may reduce the risk of heart disease
- E. Equal to 1 serving of fruit (according to *MyPlate.gov*)
- F. Produced by the body during the natural processes of breathing, digestion, and physical activity, and exposure to second-hand smoke or the sun
- G. Superfoods
- H. Protect cells from oxidative stress and the effects of free radicals
- I. Emerging areas of health research where cranberries may play a contributing role
- J. Prevent disease-causing bacteria from sticking to the walls of the urinary tract, thus decreasing the risk for urinary tract infections

# Crazy for



# Cranberries

FCH15-02  
December, 2014



## Across

2. The wetlands where cranberries are grown are referred to as \_\_\_\_\_
4. Cranberries were used to prevent \_\_\_\_\_
7. High protein meal ate by natives
8. The taste of cranberries is sweet and \_\_\_\_\_
10. Cranberries are native to where?
11. John \_\_\_\_\_ sorted his cranberries by pouring them down the stairs
12. Cranberries have an extended shelf life because of the layer of \_\_\_\_\_ trapped inside

## Down

1. One way to determine if cranberries are fresh and firm is to see if they \_\_\_\_\_ when dumped down the stairs
3. Farmer who started commercial cranberry farming in Oregon
5. Cranberries are high in vitamin \_\_\_\_\_ and fiber
6. First named because the appearance of the blossom on the stem resembled a coastal bird
9. 95% of Oregon's cranberry crops are processed into \_\_\_\_\_

 **Recipes****Cranberry-Nut Muffins**

2 cups raw cranberries	2-1/2 cups all-purpose or whole wheat pastry flour
1/2 cup sugar	1/8 teaspoon ground cloves
Grated zest of 1 orange	1 teaspoon baking soda
1 tablespoon orange juice	1-1/2 teaspoons baking powder
6 tablespoons butter	1/2 teaspoon salt
3/4 cup light brown sugar, packed	1 cup pecans or walnuts, finely chopped
2 eggs at room temperature	
1 cup buttermilk	

Preheat oven to 375°F. Cook cranberries, sugar, orange zest, and juice in small pan over high heat, stirring frequently, until most of the berries burst and the sugar is dissolved, 4 to 5 minutes.

Cream the butter and sugar in a mixing bowl until light and fluffy, add the eggs one at a time and beat until smooth. Add buttermilk. Combine the dry ingredients except the nuts and stir half into batter. Add cranberries, then the remaining flour, and fold in the nuts. Spoon into lined muffin pans. Bake in the center of the oven until well browned on top and a toothpick comes out clean, about 20-30 minutes. Turn out onto a rack to cool. Makes 18 muffins.

Source: Washington State University, Mount Vernon Northwestern Washington Experiment and Research Center. <http://vegetables.wsu.edu/cranberries.html>

**Cranberry Goodin' Puddin'**

1 cup fresh cranberries	1/2 cup flour
1/4 cup sugar	1/3 cup butter, melted
1/2 cup chopped walnuts	1 egg
1/3 cup brown sugar	

Spread cranberries over the bottom of a well-greased 8" pie plate. Sprinkle with 1/4 cup sugar and nuts. Beat egg well. Add brown sugar gradually and beat until thoroughly mixed. Add flour and melted butter to egg-sugar mixture. Beat well. Pour batter over top of cranberries. Bake at 325°F for 45 minutes or until crust is golden brown. Cut like pie. Serve either warm or cold with generous scoops of vanilla ice cream.

Source: There are many sources for different versions of this recipe. This one was modified from: UMass Cranberry Station. <http://www.umass.edu/cranberry/cropinfo/recipes.html>

### **Traditional Fresh Cranberry Relish**

1 package (12 ounces) fresh or frozen cranberries  
1 orange  
¾ cup sugar

Peel orange and remove seeds. Process all ingredients in food processor until desired consistency is achieved. Best if allowed to stand 3-4 hours or more before serving to allow sugar to dissolve and flavors to blend. Add more or less sugar to taste.

Options: Add one cored, crisp apple.  
Add 2 teaspoons finely chopped candied ginger.  
Add 1-2 teaspoons prepared horseradish and slightly reduce sugar.

### **Jeweled Chicken**

4 chicken breast halves or thighs, skinned  
¼ cup flour  
½ teaspoon salt  
2 tablespoons cooking oil or melted butter  
1 cup fresh or frozen cranberries, whole  
1 small onion, chopped  
¼ teaspoon cinnamon  
¼ teaspoon ground ginger or ½ teaspoon finely chopped candied or fresh ginger  
3 tablespoons brown sugar or honey  
1 cup orange juice or juice from one large orange  
1 tablespoon finely grated orange peel (optional)

Stovetop: Coat chicken pieces in flour and salt. Brown in skillet with oil or butter. Mix the rest of the ingredients together and bring to a boil. Pour over chicken in pan. Simmer, covered, until internal temperature of chicken reaches 165°F and sauce is slightly thickened (approx. 40 minutes). Spoon sauce over chicken pieces to serve.

Slow cooker: Place all ingredients except flour in slow cooker. Cook according to instructions for selected slow cooker for chicken. Internal temperature of chicken pieces should reach 165°F. Add flour mixed into ¼ cup cold water for the last 30 minutes to thicken the sauce. Spoon sauce over chicken pieces to serve.

Optional: Brown chicken pieces in skillet before placing in slow cooker.