



**UW**  
**Extension**

*Extending the Knowledge and Resources of the  
University System  
to the People of Waupaca County and Wisconsin*  
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## **Put a Bounce in Your Step with Savory Cranberries**



***Why do cranberries bounce? Cranberries have an air chamber inside that compresses and rebounds much like a tennis ball. As a cranberry ages, it loses air and bounces less.***

- \*The cranberry, blueberry and grape are the only three fruits native to North America.
- \*The Pilgrims may have served cranberries at the first Thanksgiving in 1621.
- \*It takes more than 2000 pounds of cranberry vines to plant a 1 acre bog.
- \*Cranberries blossom for 10 to 12 days.
- \*Cranberries grown on sandy bogs or marshes. They are flooded before harvesting so the fruit floats to the top and the cranberries are raked off, not picked.
- \*Cranberries are primarily grown in five states- Massachusetts, Wisconsin, New Jersey, Oregon, and Washington.
- \*There are 450 cranberries in one pound? 4,500 cranberries make one gallon of juice? 45,000 cranberries fill a 100-pound barrel?
- \*Americans consume some 400 million pounds of cranberries each year. About 80 million pounds are eaten at Thanksgiving.
- \*The more “red” the cranberry, the better the quality

### **Wisconsin Production**

Wisconsin produces about 50% of the nation’s crop with over 3.6 million barrels of fruit. An average acre will yield about 189 barrels per acre – a barrel weighs about 100 pounds. Cranberry marshes occupy more than 180,000 acres and cranberries are harvested on about 18,000 of those acres. There are about 240 growers in 20 different counties in Wisconsin. The cranberry was named Wisconsin’s fruit on April 5, 2004. Cranberry marshes date back to the 1830’s, which was before Wisconsin became a state.

# Cranberries, 1 cup fresh



Amount per serving

<b>Calories</b> 51	Calories from Fat 1
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrates</b> 13g	<b>4%</b>
	Dietary Fiber 5g
	Sugars 4g

**Protein** 0g

Vitamin A	1%	Vitamin C	24%
Calcium	1%	Iron	2%
Thiamin	1%	Riboflavin	1%
Niacin	1%	Pantothenic Acid	3%
Vitamin B6	3%	Potassium	3%
Phosphorus	1%	Magnesium	2%
Zinc	1%	Copper	3%

\* Percent Daily Values are based on a 2,000 calorie diet.



