

OREGON CRANBERRIES

In the United States, most cranberry farms are found in Oregon, Washington, Massachusetts, New Jersey, and Wisconsin.

Oregon settlers picked cranberries in the bogs near the Pacific Coast and sold them to logging and mining camps in California.



NUTRIENTS FOUND IN CRANBERRIES

- ~ Cranberries contain dietary fiber, which aids in digestion.
- ~ Cranberry juice and raw cranberries provide an excellent source of vitamin C, which helps maintain a healthy immune system.
- ~ The antioxidants in cranberries may help prevent urinary tract infections.

Native American tribes from across the continent used cranberries for food, dyes, and medicine.



Cranberries are one of the few fruits native to North America.



Cranberries grow in bogs; a bog is a low area where water becomes trapped and, over time, piles of dead plants turn into a spongy layer called peat.



Cranberries are harvested in mid-October.



This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employee. ©2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.