

OREGON CRANBERRIES

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

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



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.

