

Cranberries were made for the holidays

LANCASTER - Cranberries are one of the few native North American fruits. The Indians prized them long before the Pilgrims arrived. Delaware Chief Pakimentzen is known to have distributed them at tribal peace feasts, and in a way that tradition is preserved at holiday time.

Cranberries are coming to markets across the country now in great quantity and flashing reds. They're so linked to the holidays that the prevailing attitude is "what's a bird without the berries."

Folklore has it that cranberries were present at the first Thanksgiving feast the Pilgrims celebrated. They were a gift from the eastern Indians who called them Sassamanesh. The cranberry has been called by

a variety of Indian names, but it was the Pilgrims who gave the cranberry its present name. The pink cranberry blossoms resembled the heads of cranes, and cran berry was later contracted to cranberry.

Over the years, cranberries have collected an interesting and colorful history. Medicinal powers were attributed to them, and local medicine men brewed cranberry poultices to draw poison from arrow wounds.

During the heyday of the Clipper Ships, American ships carried cranberries in their holds to be eaten by sailors to ward off scurvy, much as the English sailors ate limes.

The earliest record of cranberry cultivation was in 1816 on Cape Cod where Henry Hall discovered that cranberries grew larger where the soil was covered with a layer of sand. And as the berry grew larger, so cultivation spread - to New Jersey, Wisconsin, and Oregon. Today, Massachusetts, New Jersey, Wisconsin, Washington, and Oregon are the chief cranberry producing states.

As cranberries became more available, their uses increased. They're sauced, jellied, juiced; new recipes arrive yearly for relishes, salads, meat accompaniments, drinks, desserts. Their ruby red color and sweet-tart taste make them a natural holiday item. Their good qualities make them a popular year-round food item.

Two recipes below are something colorful, especially for the holidays:

MULLED **CRANBERRY**

4 cups cranberry juice 2 cups apple juice 2 cups orange juice ½ cup maple flavored syrup 1 teaspoon ground cinnamon ½ teaspoon ground nutmeg

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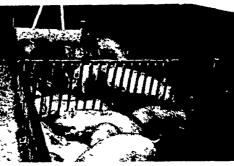
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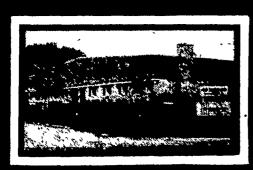
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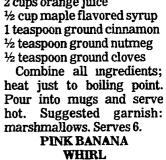




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2 cups cranapple 2 cups chilled orange juice 1 ripe banana

Combine all ingredients and whirl in a blender at top speed for 30 seconds until smooth. Serve at once in tall glasses. Serves 4.



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