Alang (en US)/MCII



Highbush Cranberries

Highbush cranberries are shrubs that grow in most areas of Alaska in cool woods and thickets or on gravelly or rocky banks. e leaves, which are almost like maple leaves in shape, turn red in the fall. e fruit, a red or orange drupe with a attened stone, grows in clusters on short branches. is berry is a member of the honeysuckle family but has received the cranberry name through common usage. e scienti c name is *Viburnum edule*.

e ripe fruit is available in late summer and fall; it so ens a er the rst frost. If picked before the rst frost, just before the true ripe stage, the fruit is more acidic in avor. Highbush cranberries have a musty avor and odor, but sweeten a little a er the rst frost. Berries can be picked through the winter.

Highbush cranberries are high in vitamin A (20 percent of the recommended daily allowance per $\frac{1}{2}$ cup serving), vitamin C (25 percent of the recommended daily allowance) and dietary ber (28 percent of the recommended daily allowance). One serving ($\frac{1}{2}$ cup) has 60 calories.

Highbush cranberries are a rich source of antioxidants, a group of biochemicals shown to be an important part of the human diet. Research with fruits shows cultivated blueberries with a score of 24, which is higher than other commercial fruits studied. Anything above 40 is considered very high. Highbush cranberries score much higher at 174. When the berries are processed, antioxidant levels change, but they are still high compared to other fruits (see chart below).

Highbush cranberries make a beautiful jelly and are popular in many products. e berries aren't used in pies and other baked goods be.9TJETEMC /P

Fruit leather	620	Canned fruit	80
Frozen fruit	160	Sauce	70
Frozen juice	150	Syrup	50
Canned juice	110	Jam	50

Choose rm berries with glossy skins. Remove any stems or leaves and sort out shriveled berries. Wash, only if needed, and drain before packaging into freezer containers. Berries can be spread in a single layer on a cookie sheet and placed in the freezer. When frozen, transfer to freezer bags or containers. Properly frozen berries will last up to two years before their quality will begin to deteriorate.

Because of the large seed, highbush cranberries are not suitable for drying. However, the puree can be made into an excellent fruit leather.

Combine 4 cups clean highbush cranberries with 1 cup water. Crush berries and simmer for 10 minutes. Strain through a jelly bag or layers of cheesecloth. For clear juice, do not twist or press jelly bag or cheesecloth. For long-term storage, the juice should be frozen or canned. *Yield*: 2 cups juice

Hot pack for juice

Sterilize canning jars. Heat juice, stirring occasionally, until it begins to boil. Pour into hot jars, leaving ¼ inch headspace. Wipe jar rims. Adjust lids. Process in a boiling water canner.

Pints or quarts

5 minutes

Combine 4 cups cleaned highbush cranberries with 1 cup water. Crush berries and simmer for 10 minutes. Force through a medium sieve or food mill. Discard seeds and skins. *Yield:* 2 cups puree

To freeze: Pack into rigid containers leaving ½ inch headspace for expansion. Seal and freeze.

To can: Fill hot jars with hot puree, leaving ¹/₄ inch headspace. Process quarts or pints in a boiling water bath for 15 minutes.

1 cup highbush cranberry puree
1 cup apple juice
3 ounces frozen orange juice concentrate
¼ teaspoon cloves
½ teaspoon nutmeg
½ teaspoon cinnamon
3½ cups sugar
6 ounces liquid pectin

Combine puree, apple juice, orange juice concentrate, spices and sugar in a saucepan. Heat to just 110 degrees F, stirring constantly until the sugar is dissolved. Remove from heat. Add liquid pectin. Stir well. Ladle jam into freezer containers; cover with tight lids. Cool until set; freeze. *Yield*: 5–6 cups

2 quarts highbush cranberries 1 cup water 4 cups unsweetened applesauce 6 cups sugar 1 teaspoon cinnamon ½ teaspoon cloves ½ teaspoon salt 1 lemon, grated rind and juice

Boil berries and water together until berries pop and are so . Put through a sieve or food mill to remove seeds. Reheat and add the applesauce, sugar, cinnamon, cloves and salt. Simmer until thick. Remove from heat and add the lemon juice and grated rind. Spoon apple butter into jars, leaving ¹/₄ inch headspace. Wipe jar rims and cover with two-piece lids. Process for 15 minutes in a boiling water bath. *Yield*: 8 cups 6 cups highbush cranberries 1½ teaspoons celery salt 1½ teaspoons salt 1½ teaspoons cinnamon ½ teaspoon pepper 2 cups sugar 1½ teaspoons allspice ½ cup water 1½ cups onions, chopped ne 1 cup cider vinegar 1½ teaspoons ground cloves

Cook the cranberries in the water until so , then put through a food mill or a sieve to remove seeds. Add the onions, vinegar, sugar and spices. Boil until the mixture thickens and reaches the proper consistency. Immediately pour ketchup into hot canning jars, leaving ¼ inch headspace. Wipe jar rims and cover with two-piece lids. Process for 10 minutes in a boiling water bath. Serve this cranberry sauce with poultry or meat or use in baked beans. *Yield*: 4 cups

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Fill the canner halfway with water. Place empty jars in canner to heat until needed. Preheat water to a low boil. Place lled jars, tted with lids, into the canner on the rack. Add more boiling water, if needed, so the water level is at least 1 inch above jar tops. Cover with the canner lid and turn heat to its highest position until water boils vigorously. When the water boils, set a timer for the recommended processing time indicated in the recipe. Lower heat setting to maintain a gentle boil throughout the processing time.

When the jars have been boiled for the recommended time, turn o the heat and remove the canner lid. Using a jar li er, remove the jars and place them on a towel, leaving at leaer on tt leaer 3.95ng to mt 1 inch a18 (19 (er b) -8e11 (t) 16 (w)8 (e) -(d in t) -5.9h

