

WTNS Radio OSU Extension Update for November 23, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about cranberries.

There are only three commercially grown fruits native to North America: grapes, blueberries, and that favorite fruit of Thanksgiving feasts, cranberries. These unique berries require very specific growing conditions, including acidic soil. Wisconsin is the top cranberry producer followed by Massachusetts, New Jersey, Oregon, and Washington.

If you have never watched cranberry harvest, it is worth your time to watch a harvest video on uscranberries.com. They can be harvested either dry or wet. The dry harvest almost looks like driving large vacuum cleaner over the low growing vines. The wet harvest involves flooding the bogs, just like on the Ocean Spray commercials we have often seen on television.

Cranberries are high in vitamin C, manganese, and fiber, and are rich in phytonutrients like pro-antho-cyanidin antioxidants. We Americans consume nearly 400 million pounds of cranberries each year, almost entirely in juice form. When fresh cranberries are available in grocery stores this time of year, it is wise to buy a few extra bags to freeze to enjoy later.

There are countless ways we could use cranberries, but cranberry sauce is the most popular way to prepare cranberries for Thanksgiving. The traditional recipe is bringing 1 cup water and 1 cup sugar to boil, then adding 4 cups cranberries. A lower sugar option is to cut the sugar in half and replace half the water with orange juice. Then after cooking, if it is still too tart, gradually add a small amount of high intensity non-nutritive sweetener, like sucralose or stevia, to taste.

Dried cranberries are a little tricky. Naturally, cranberries are very low in sugar, but dried cranberries can contain a lot of added sugar. Still, they could be just the kick that a salad or sandwich might need. We discovered a recipe from the Celebrate Your Plate website earlier this year for a Turkey Cranberry Wrap. I'm sure we'll be using some of our leftover turkey for these yummy wraps.

A few years ago, I presented a program about the cranberry to our local retired teachers' group. At the end of the presentation my Aunt Bee served everyone some delicious bread that she and Joyce Mullett had baked for us all. It is from the book "Cranberry Thanksgiving" by Wendie and

Harry Devlin. This quick bread is still a favorite recipe of mine. I made it this week and thought you might enjoy it too. If you enjoy baking, you could easily make several of these to freeze or give away. You can find the recipe on our Facebook page: OSU Extension Coshocton County.

And here is just a little review from our Turkey Talk last week:

When you purchase a frozen turkey from the store keep in mind that it takes approximately 24 hours to defrost 4 to 5 pounds in a refrigerator. That means a 12 to 16-pound turkey will need 3 to 4 days to thaw, and a 20 to 24-pound turkey will require 5 to 6 days.

When you roast the turkey, be sure that your oven temperature is no lower than 325 degrees F. The low and slow method is OK for prime rib, but it is not safe for poultry in an oven. The key is using a food thermometer. The only way you know the turkey is done is when the temperature reaches 165 degrees F. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. Approximate times are 3 hours for a 12-pound turkey and 4.5 hours for a 20-pound turkey.

I wish you a happy Thanksgiving this week. For some of you, I know it will look much different than usual. That may be because of the pandemic, because of loved ones in quarantine, or because of the loss of a loved one in the past year. No matter how it looks, in the midst of uncertainty, I pray that you will reflect on God's loving kindness and faithfulness.

Psalms 100:4-5

Enter his gates with thanksgiving and his courts with praise;

give thanks to him and praise his name.

For the Lord is good and his love endures forever;

his faithfulness continues through all generations.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!