• Cranberries are the superfood of the month! They are America’s Original Superfruit® and one of only three fruits native to North America that are cultivated and sold in the United States.

• Cranberries grow on low-lying vines in bogs or marshes. When they are ready to be harvested in the fall, the bogs are filled with water and the cranberries float to the top to be scooped up. Cranberries float because they have four air chambers.

• Cranberries are a versatile fruit that offers big health benefits in a little package, offering unique polyphenols not commonly found in other fruits. A serving of fresh cranberries are a good source of vitamin C and fiber.

• Cranberries contain nutrients called PACs (pronounced “packs” or Proanthocyanidins) that play a role in helping to maintain urinary tract health.

• Want to switch things up? Yes, you cran! Use cranberry juice cocktail in salad dressings or combine with seltzer for a fruity spritzer. Mix dried cranberries into whole grain side dishes such as quinoa, bulgur and brown rice, or use cranberry sauce or juice to create a marinade for chicken or meat.

• Cranberries are easy and convenient to use in any form, making them a perfect fit for sweet and savory meals and recipes any time of day. You can find dried and frozen cranberries, along with cranberry juice and sauce year-round.