



City of
Loma Linda

Did You Know?

Cranberries are one of only three fruits (along with blueberries and grapes) that are native to North America. They are grown in bogs to prevent from frost and insects, and also to make harvesting easy. The name cranberry comes from their original name “craneberry” because the plant looked like the head of a crane. Over time the “e” was dropped.

Cranberries Year Round

Fresh cranberries can only be found at grocery stores during the holiday season. However, they can keep in the refrigerator for up to 2 months if you remove soft berries and keep them in a sealed bag. Washed cranberries can be placed in air tight bags and stored in the freezer for up to 1 year—just in time to get a new stockpile from the store!

Community Nutrition and Garden

December 2011

CRANBERRIES

Cranberries are one of the most popular holiday fruits in the United States. While small in size, this seasonal berry is huge in terms of nutritional value. Proanthocyanidins (PACs) are what make cranberries a uniquely beneficial berry, and also what gives them their deep red color! PACs act as a barrier to prevent bacteria from growing. This is most commonly known to help prevent urinary tract infections in women. Native Americans have been using cranberries to prevent UTIs for centuries, and now there is scientific evidence to support this practice. This same mechanism can explain how cranberries can help prevent stomach ulcers and even gum disease, two things that are caused by bacterial growth. Other studies have found that cranberries can increase levels of HDL (good cholesterol) and decrease levels of LDL (bad cholesterol).

Besides being full of PACs, cranberries are also full of anti-oxidants, which protect cells from

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becoming damaged and ultimately becoming cancerous. Cranberries outrank every fruit and vegetable except blueberries in terms of anti-oxidants. It is important to note that whole cranberries do a better job of protecting our health than individual cranberry components. This synergy of nutrients is only found in the

whole berry—so while cranberry juice and cranberry pills may be somewhat beneficial, opt the whole berry whenever possible. Additionally, cranberries are a great source of vitamin C and fiber, and there are only 45 calories in one cup of the whole berries.



While these berries are very beneficial for health, most people cannot eat them straight out of the bag because they are too tart. If you can enjoy them this way, great! If you can't, here are some ways to slip cranberries into your diet. Add dried cranberries to your favorite cereal in the morning. Sneak cranberries into blueberry muffins, quick breads, or cookies for added color and flavor. Serve cranberry sauce with chicken and pork dishes or add dried cranberries to chicken or tuna salad. Make your own trail mix that includes dried cranberries for a healthy snack while on the go. Top salads and oatmeal with dried cranberries. To make fresh cranberry sauce, combine cranberries, sugar or sugar substitute, and water in a pot; bring to a boil; cook just until cranberries pop and cool before serving. While whole cranberries are your best option, if you do choose to drink cranberry juice, make sure the drink is 100% juice.



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California Healthy Cities
and Communities

Garden Zone

Community Garden News

November 20th was our Community Garden Clean-up Day at the Van Leuven Garden. With the help of our City Maintenance crew we were able to weed several of the unattended garden sites and ready them for reassignment. We also cleaned out the garden shed and patio area. We cleared the weeds that were growing in the drive path and some of the common areas around garden sites. All this was quite an accomplishment for a two hour time period. Our next clean-up will be in the spring and we hope to see more of you participate. With everyone's help we can keep our garden looking better and more inviting. As winter season is approaching, please keep in mind that if you are not planting a winter crop you still need to keep your site cleared of weeds. This would be a great time to mulch and let your garden take a much needed winter nap.

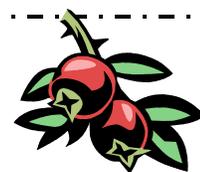


~Marina Pellouchoud
Program Assistant

Attention Gardeners!

We have had items being removed from garden sites. Please be considerate of your garden neighbors and do not remove their items.

Baked Cranberry Nut Oatmeal



Ingredients:

- 1 cup quick oats
- 1/3 cup brown sugar
- 1/2 tsp brown sugar
- Dash of salt
- 1/3 cup dried cranberries
- 1/4 cup coarsely chopped pecans
- 1 1/2 cup milk
- 2 tsp vanilla
- 1/2 tsp freshly grated orange zest
- 1 egg
- 2-4 tbsps brown sugar



Directions:

1. Preheat the oven to 350 F.
2. In a large bowl, combine oats, brown sugar, cinnamon and salt. Add dried cranberries and chopped pecans.
3. In a small bowl, whisk together milk, egg, vanilla, and orange zest. Add the milk mixture to the oat mixture and stir until combined.
4. Pour into 4-6 soufflé dishes or in one larger, greased baking dish.
5. Bake 20-30 minutes for small dishes or 30-40 minutes for a larger baking dish, or until slightly firm to the touch.
6. Sprinkle with remaining brown sugar and garnish with toasted pecans.

Serves 6; Calories/Serving: 187; Protein: 5g; Carb: 27g; Fat: 7g