

YUMMY NORTHWEST

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BERRY GOOD!

You might not think of cranberries

when October rolls around, but think again. The 82nd annual Cranberrian Fair takes place October 10-12 in Ilwaco, Wash. Go, and you'll learn more about cranberries than you thought possible.

Buy a \$3 button and enjoy many cranberry-filled activities, including riding the Cranberry Shuttle, which will take you for a tour of the Long Beach Peninsula cranberry bogs and fill you in on the history of growing cranberries in that area.

Year 'round, the Cranberry Museum at 2907 Pioneer Road, Long Beach, is an interesting place to learn about local cranberry farmers. You can take a self-guided tour of a neighboring bog and then shop for cranberry goodies at the shop.

If you're stuck in the office, this month you can brighten your computer desktop by applying a delicious cranberry wallpaper calendar available free at www.funbeach.com. You can get more details about the festival there, too.

CRANBERRY HARVEST

In October, the plants have red berries and they are ready to pick. The farmer floods the beds one at a time.

Wet harvesting is when water reels are driven through the beds. These reels churn up the water and knock the berries off the vines. The berries float on top of the water. A boom, or a floating tube, round up the berries. When they are rounded up, the cranberries are put on a conveyor belt that takes them to barrels.

If the farmer chooses to dry harvest, the bogs don't get flooded. Machines pick the cranberries and then put them into bags. The cranberries are put on screens where the extra junk like twigs and leaves stay on the screen and the berries fall through.

The cranberries are put in crates. Bruised and banged up ones become jelly or juice. The good ones are sold as whole berries.

from ThinkQuest.org



Christmas Tree, O Christmas Tree



Don't forget a most delightful use for cranberries – making popcorn strings more colorful for the Christmas tree. After the holidays (or even during), you can hang these outside for the birds to enjoy a winter treat.



To Your Health

Cranberries have long been known for their health-giving qualities. Anything so bitter has to be good for you, right?

Drinking cranberry juice (see page two) is recommended to avoid or cure bladder or kidney infections,

According to the New York Times (October 6, 1999), a study done in 1994 showed that participants who drank 10 ounces of cranberry juice daily for six months were half as likely to show signs of bacterial infection in their urine as the group who drank a placebo drink that tasted like cranberry juice and had the same amount of vitamin C added.

APRICOT, ORANGE, CRANBERRY BREAD

This delicious bread uses a one-pound bag of fresh cranberries. Look for them soon in stores. Buy the bags while you can (October-December) and freeze them to use all year.

3-1/2 cups unbleached all-purpose flour
 1-1/2 teaspoons baking powder
 1 teaspoon baking soda
 1/4 pound (1 stick) butter
 1 cup sugar
 1 tablespoon plus 1 teaspoon freshly grated orange zest
 2 large eggs
 2/3 cup orange juice
 2/3 cup milk
 2/3 cup finely chopped apricots
 2/3 cup chopped walnuts
 3 cups cranberries, picked over and chopped in a blender

Sift together the flour, baking powder, baking soda and salt.

Cream the butter and sugar in a large bowl. Beat in the orange zest and eggs, one at a time. Add the orange juice and milk and beat until mixed thoroughly. It will appear curdled.

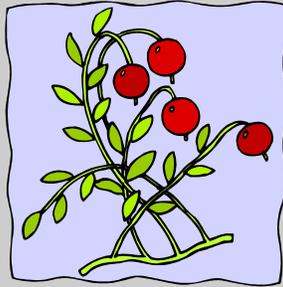
Add the flour mixture and beat until it is just moistened. Stir in the apricots, walnuts and cranberries.

Place rack in middle of oven. Preheat the oven to 350 degrees. Butter and flour five 5-3/4 X 2-1/4 - inch loaf pans.

Pour batter into the pans. Bake for 45 minutes. Test for doneness with a toothpick. Remove bread from the pans, transfer to a wire rack, and let them cool on their sides.

(These breads, wrapped well in aluminum foil and plastic wrap, keep for one week in the refrigerator or frozen for one month.)

Yield: Five small loaves



Cranberries...

Can be sorted for ripeness by bouncing them; a fully ripened cranberry can be dribbled like a basketball.

Were used by American Indians to make a dried cake called pemmican.

Can be juiced, but you'll need 4,400 of them to make a gallon.

Get their name from Dutch and German settlers who called them "crane berries," because the pink spring blooms look like the head and bill of a crane.

- Facts courtesy of the Washington Cranberry Commission, Grayland, Wash.

The preceding recipe is from the book, *The Secrets of Jesuit Breadmaking*, by Brother Rick Curry, S.J.

Order this fabulous collection of recipes and stories from the National Theatre Workshop of the Handicapped Bakery. Call (800) 618 - 6622, or go online at www.ntwh.org. If you don't feel like baking, several breads, including this one, can be ordered also.



Juicy Stuff

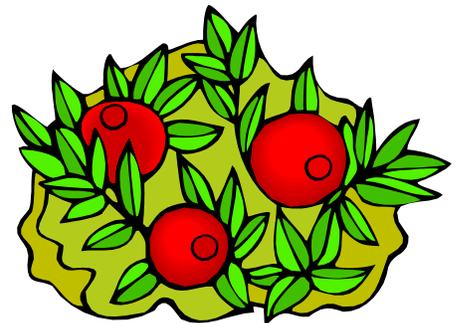
If you don't have a juicer, buy one to make this amazing all-natural, sugar-free (except for fruit sugar, of course) beverage.

Run through your juicer:

3 apples

1/2 cup raw cranberries

Drink with delight.



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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