

December 2014

Oregon State University Extension Family & Community Health
Coos and Curry Counties

<http://extension.oregonstate.edu/coos/fcd>

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What do anti-oxidants do?

When oxygen interacts with cells, oxidation occurs. It could be the browning of an apple slice or damage to your cholesterol.

Oxidation causes cells to die. In many cases, dead cells are replaced, and healing occurs. This is a natural process. But some damaged cells become free radicals.

They are missing an electron, causing them to seek out and steal an electron from healthy tissues. In the process, they damage the DNA of the cell, creating the beginning of disease.

Antioxidants give free electrons to free radicals, stopping the chain reaction and neutralizing the free radical.

The body needs a variety of antioxidants like Vits A, C, E and beta carotene.

OSU EXTENSION

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In honor of the holidays, many of us decorate our homes with the shiny, scarlet berries. We string them on our trees, pour them around our candles or drop a few in our champagne glasses. Cranberries are beautiful and festive, but they're also very healthy! Sure, we make sauces of these delectable fruit. But consuming cranberries once or twice a year, boiled with sugar may not be the ideal health food. Instead, cranberries can be a daily addition to a healthy diet *plus* they have a pretty interesting history.

The cranberry is native to North America, first used by Native Americans, not only for food, but for treating wounds and for dyeing rugs and blankets. The Pilgrims named the fruit "craneberry" because the blossoms resembled the head of a crane. Cultivation of the cranberry began in Cape Cod, Massachusetts in 1816. Whalers and mariners brought cranberries on their voyages to prevent scurvy. Contrary to common belief, cranberries do not grow in water. They grow in beds of sand and clay, known as bogs. In 1930, Ocean Spray Cranberries, Inc. formed, and in the 1960's, cranberries were first harvested using the water method used today. US farmers now harvest more than 40,000 acres of cranberries annually, much from our own Southern Oregon coast, particularly in Coos and Curry Counties.

Many people are aware that cranberry juice is used to prevent or treat urinary tract infections. But did you also know that cranberries can prevent cancer, improve immune function, lower blood pressure and reduce chronic inflammation? This decorative, holiday fruit is really a year-round superfood!

*That symbol of brotherly love, that centerpiece
that all mankind gathers around to share,
the cranberry sauce shaped like a can.*

~Ernest P Worrell from Ernest Saves Christmas



Wellness Ink

is the monthly newsletter for OSU Extension Family & Community Health for Coos and Curry Counties, dedicated to providing practical, research-based information you can use to prevent or reverse disease, generate energy and improve quality of life.

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Think  well

Cranberry Crafts

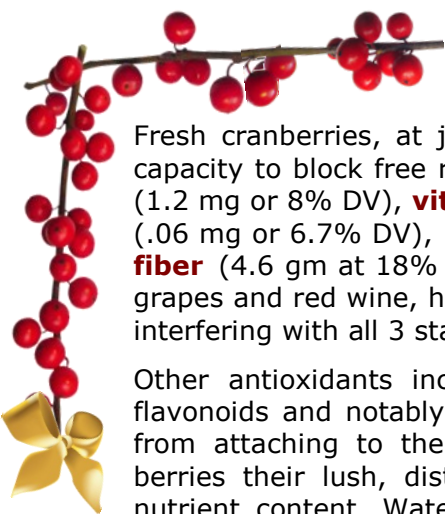
Editor's Bites



It seems a waste to use cranberries in crafts instead of eating them for health benefits. Still, they add an earthy touch in decorating for the holidays. I often use fresh berries in the globes of candles or on a dish surrounding a table ornament. I always put a few in my champagne or wine glasses and then I add cranberry juice to give it the pink/red glow. You can freeze berries in rings of ice water and use them to keep your punch cold. I've seen them strung together on wire and shaped into napkin rings, tree ornaments, or spiraled around candlestick holders. You can plopp them into the icing around your cakes or muffins, or of course, put dried cranberries inside! You can make cranberry fruit leather in your dehydrator. Then roll the fruit leather and fill with nuts and wrap in cellophane for a party favor or stocking stuffer. I've rolled cranberries in granulated sugar and put them on my cookie trays. They're still pretty tart but some people like them that way! And what holiday would be complete without the family Jell-O mold? Toss in nuts, seeds and fresh fruit, including cranberries.

Recently I purchased a *Swirlio*, a machine that takes frozen fruits and makes them into a soft "ice cream" without the fat (Amazon, Wal-Mart or stores that carry "As seen on TV" products). Mix frozen bananas with cranberries and you'll have a sweet frozen treat with no added sugar or fat.

If you like the cranberry theme but can't bring yourself to wasting the food, you can find foam cranberries for wreaths or boughs, or wooden strings of berries for wrapping around your tree. stephanie.polizzi@oregonstate.edu



Berry Berry Good for You!

Fresh cranberries, at just 46 Calories per cup, are most healthful because of their high antioxidant capacity to block free radicals. High in **vitamin C** (13.3 mg or 17.7% of the Daily Value), **vitamin E** (1.2 mg or 8% DV), **vitamin K** (5.10 mcg or 5.7% DV), **manganese** (.36 mg or 18% DV), **copper** (.06 mg or 6.7% DV), **pantothenic acid**, (one of the B vitamins) (.29 mg or 5.8% DV) and of course, **fiber** (4.6 gm at 18% DV). Cranberries also contain **resveratrol**, most known for being found in dark grapes and red wine, helpful in reducing risk for heart disease. But resveratrol is also anti-carcinogenic, interfering with all 3 stages of cancer: initiation, promotion and progression.

Other antioxidants include phytonutrients (phyto means plant) like phenolic acids, anthocyanins, flavonoids and notably proanthocyanidins. Big words with big duties, like helping to prevent bacteria from attaching to the lining of the urinary tract, stomach or arteries. Anthocyanin content gives berries their lush, distinctive color, and increases with exposure to sunlight, which also improves nutrient content. Water harvesting berries exposes them to more sunlight as they float, therefore allowing the fruit to develop greater health-bearing nutrients.

Cranberries' anti-carcinogen properties are especially helpful in lung, colon, breast and prostate cancers. But be advised, it is the synergy of the nutrients in **whole** cranberries, how nutrients work together to fight disease, that have the greatest effect. Many of these benefits are lost when the berries are processed into juice.

In addition to resveratrol, berries also contain polyphenols, powerful anti-inflammatories and anti-oxidants that protect cholesterol from oxidation, reduce risk of gum disease and protect the colon and

Oral Benefits of Cranberries In the past 10 years, cranberries have been attracting the attention of dental researchers for their ability to reduce oral diseases, periodontis, gingivitis and cavities. Apparently, the same antioxidants that help prevent cancer also protect the mouth from bacteria and inflammatory enzymes. Cranberries have the capacity to inhibit *Streptococcus mutans* and the formation of a harmful biofilm that contains pathogens which contribute to oral disease.

Ncbi.nlm.nih.gov

blood vessels. Wild cranberry varieties have more antioxidants (13,427/cup) than cultivated (9,019) but even still, cranberries contain more antioxidants than strawberries, spinach, broccoli, raspberries and cherries.

GO RED!





White Cranberry Juice

Ocean Spray makes a white cranberry juice made from cranberries harvested about 3 weeks early, before the berries develop their red luster. Although it hasn't been studied as much as red, it is believed to contain the same proanthocyanidins that prevent bacteria from causing urinary tract infections. White cranberry juice is missing anthocyanin, the antioxidant responsible for the ruby red color. You may like white cranberry juice since it has a milder taste.

Regular red cranberry juice is very strong and tart. To make it palatable for most people, the juice is mixed with other milder juices, like apple or grape, so it is often called "cranberry juice cocktail." Then sugar is added to sweeten the cranberries. One cup of **unsweetened** cranberry juice contains 110 Calories. One cup of **cranberry juice cocktail** can contain anywhere from 136 to 157 Calories, due to added sugars.

You can find unsweetened cranberry juice at most grocers. Ocean Spray www.oceanspray.com and R.W. Knudsen Family www.rwknudsenfamily.com brands are available nationally. If you go to their websites, you'll find many great cranberry recipes and more about the health benefits.



Cranberry Gifts

From your kitchen

1. Jam, jelly or preserves and a loaf of fresh whole wheat bread or crackers
2. Oatmeal cookies with cranberries, or layer the dry ingredients for the cookies in a canning jar with the recipe
3. Bake cranberry orange muffins (see page 4)
4. Chocolate covered cranberries—melt a 12 oz package of chocolate chips. Dip cranberry on toothpick in chocolate until coated. Place on waxy paper and refrigerate



From your craft table

1. Make cranberry napkin rings by threading flexible wire through fresh cranberries. Present with napkins and candles.
2. Add cranberry seeds to melted glycerin soap with drops of red coloring. Mold and let set 2–6 hours. Wrap in cellophane.
3. Apply thin layer of moss to a tree shaped craft foam. Using a glue gun, glue cranberries to the bottom in rows and work up until covered. Surround with greenery. Lasts 3-4 weeks.

To Your Health



- The FDA has **removed** the warnings against cranberry consumption while taking the blood thinner Coumadin (warfarin). That's good news
- To get the health benefits of cranberries, you need only consume 1/4 cup fresh or equivalent (1/3 cup dried, 1/4 cup cranberry sauce or 2 ounces of 100% cranberry juice)
- Cranberries may help slow digestion of carbohydrates making them an option for preventing or treating diabetes
- Researchers in Brazil found cranberry juice to reduce markers of metabolic syndrome which increases risk of cardiovascular disease (abdominal fat, elevated blood sugars and high blood pressure)
- For more info go to: www.uscranberries.com



Holiday Cocktails

Cosmopolitan

www.smirnoff.com

Mix 1 oz vodka, 1/2 ounce triple sec, 1/2 oz lime juice, 1 oz cranberry juice. Shake together with ice and strain into cocktail glass.

Cranberry punch

www.myrecipes.com

Mix equal parts of cranberry juice, apple juice, pineapple juice and soda water. Float frozen cranberries and decorate with orange slices.

Cranberry orange vodka

www.cherylstyle.com

2 cups frozen cranberries, 1 orange, sliced, 2 cups vodka, 1/2 cups cranberry juice, 1/2 cup orange juice, 1/4 cup Cointreau. Place cranberries and oranges in a bottle. Mix vodka and juices in a pitcher and then use a funnel to pour into the bottle. Can be stored in the fridge up to one week.

Homemade cranberry wine

www.youtube.com

1 gallon cranberry juice, remove 1 1/2 cup juice and set aside (not used), 1 cup sugar, 1 Tbsp Lalvin yeast. Add sugar to the jug of juice, cap and shake until sugar is dissolved. Add yeast and cap. Shake 2-3 minutes. Release cap slightly. Allow to ferment 14 days at room temp before chilling and drinking.



Cranberry Red



Crimson is a power color. Only kings, queens and royalty were allowed to wear it in European middle ages. It is the color of status and celebration. It is said that Madame de Pompadour (Louis XIV's mistress) loved red and used it for both clothing and decorating. The color red is used to stimulate the mind and increase circulation. Red evokes strong emotions like excitement, anger, or love. It is often used in restaurants as a wall color, or for napkins and tablecloths since it stimulates appetite. Red fabric was costly to make because it was made from the cochineal beetle, imported from Peru and Mexico to Europe. The extraction process involved withdrawing carminic acid from the body and eggs of the insect, and mixing with aluminum or calcium salts to make carmine dye. Today, carmine is used in many cosmetics, mostly as a lipstick coloring. The redder the lips, the more time men gaze at them (7.3 sec).

Ingredients:

2 c flour
2/3 c sugar
2 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 c fresh orange juice
1/2 c canola oil
2 Tbsp orange zest
1 tsp vanilla
1/4 tsp almond extract
1 1/2 c fresh cranberries, chopped
1 cup pecans or walnuts, chopped



Orange Cranberry Muffins

yummly.com

1. Preheat oven to 375°F. Lightly grease a muffin tin.
2. In a large mixing bowl, mix together flour, sugar, baking powder, baking soda and salt.
3. Make a well in the center and add canola oil, orange juice, zest and vanilla. Mix just until all wet ingredients are moistened. About 1/2 way through mixing add the cranberries and nuts.
4. Fill muffin tins 3/4 full and bake for 23 to 27 minutes, until lightly browned on top and a toothpick or knife inserted through the center comes out clean.
5. When cool enough to handle, transfer to cooling racks to cool completely.

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.

Cranberry Precautions

~Anonymous

Those taking Warfarin or other blood thinners, may be advised to avoid foods with high vitamin K content, but that is no longer necessary (see pg 3). However, advise your doctor of your desire for intake of dark leafy greens like kale and Swiss chard (which are also high in vitamin K) because they're so important for your arteries. Your medication can be adjusted according to your intake. Be advised, you must keep this intake consistent in order for your medication to work properly.

Some individuals may form kidney stones from foods containing oxalates. Although cranberries contain oxalates, the Cleveland Clinic has stated that only 9 foods are known to increase kidney stone formation: beets, spinach, rhubarb, strawberries, nuts, chocolate, tea, wheat bran and dried beans.



clevelandclinic.org

Cooking Cranberry Sauce

1. Wash one 12 oz bag of fresh or frozen berries in cold water. Discard any that are soft, wrinkled or damaged.
2. Mix 1 cup sugar with 1 cup orange juice in a saucepan. Add 1 strip orange or lemon zest. Cook over medium heat until sugar dissolves.
3. Transfer 1/2 cup berries to small bowl and put the remainder in the saucepan.
4. Cook over medium heat until cranberries burst, about 12 minutes.
5. Reduce heat to low and stir in reserved cranberries.
6. Remove from heat and place in a bowl. Sauce will thicken as it cools.

Cranberries are done when their skins begin to crack and the sugar water thickens. You may use the berries whole or opt to mash the berries for a different texture to your cranberry sauce.

For variety, add chopped walnuts, figs or dates to your sauce after cooking. *Allrecipes.com*



The Cranberry Institute is dedicated to researching the health benefits of cranberries. This website contains a health research library for consumers and special information for health care professionals like safety of consuming cranberries with medications. They also publish a bi-annual newsletter, *Cranberry Health News*. They have berry health updates, recipes and even offer continuing education units for health professionals. Go to www.cranberryinstitute.org

Cranberry Trivia

Nearly all of the cranberry crops grow in Cape Cod (MA), NJ, WI, WA, OR and Canada.

Relative of the blueberry and huckleberry, the Pequot Indians of Cape Cod called the berry *ibimi*, meaning bitter berry. almanac.com

Wisconsin is the greatest producer of cranberries, and has been for 20 years, and the cranberry is now the official state fruit. It is also the official state fruit in the #2 producer, Massachusetts.

Cranberries are used as ingredients in over 1,000 foods and beverages.

Good, ripe cranberries will bounce earning them the name "bounceberry." Small pockets of air inside the berry chamber cause it to bounce as well as to float in water.

If you string all the cranberries from North America, they would stretch from Boston to LA more than 565 times.

Cranberry juice was first made by American settlers in 1683 and the first cranberry sauce was marketed in 1912. The log of jellied sauce makes up 75% of cranberry sales on 94% of holiday tables.

Cranberries are nearly 90% water.

It takes about 200 cranberries to make one can of cranberry sauce.

Honeybees are used to pollinate cranberry crops.

John Lennon repeated the words "cranberry sauce" at the end of *Strawberry Fields Forever*.

You can freeze cranberries up to 2 years.

Only 5% of cranberries are sold fresh. The remaining are sold as dried, juice and sauce.

1 cup of cranberries has about 50 calories.
1 cup of cranberry sauce has about 400.

Foodreference.com

Pumpkin Cranberry Risotto

Ingredients:

1 tablespoon butter
1 tablespoon olive oil
1/2 cup chopped onion
2 14 1/2-ounce cans reduced-sodium chicken broth
1/2 cup dry white wine
1 cup Libby's® 100% Pure Pumpkin
1 1/2 cups Arborio rice
1/2 cup Ocean Spray® Craisins® Dried Cranberries
1/4 cup grated Parmesan cheese
Salt and white pepper to taste
Additional grated Parmesan cheese, if desired

1. Bring chicken broth to a boil in a medium saucepan. Reduce heat to low; keep warm.
2. Melt butter with oil in large saucepan over medium-high heat. Add onion; cook for 2 minutes, stirring frequently. Add rice; cook for 2 minutes, stirring frequently.
3. Add wine; simmer until all liquid is absorbed, stirring frequently. Stir in pumpkin.
4. Add 3/4 cup chicken broth to rice. Reduce heat; simmer until absorbed, stirring frequently. Continue adding broth, 1/2 cup at a time, allowing each addition to be absorbed before adding more broth. Rice should be tender but still firm to the bite and mixture should be creamy. This should take about 20 to 25 minutes.
5. Stir in dried cranberries and cheese. Add salt and pepper to taste. If desired, garnish with additional Parmesan cheese.

Makes 6 (3/4-cup) servings. www.oceanspray.com

Notes: Caramelize the onions before adding. Omit the cheese and use margarine for a non-dairy option



Good health is a duty to yourself,
Think well to your contemporaries,
to your inheritors,
to the progress of the world.

~Gwendolyn Brooks

Coming in
January

Honor Your Roots

Upcoming Events



December

- 11 **Healing Foods**, Community Health Education Center, Coos Bay. 12 to 2 pm.
Register online by going to www.bayareahospital.org/calendar_events.aspx and click on calendar date Dec 11, or you can call Bay Area Hospital at 541-269-8076 for information.
- 19 **Gifting Food**, Chetco Activity Center, Brookings, 10 am to noon followed by a healthy lunch. Class is free. Please register by calling 541-469-6822
- 30 OSU Extension hosts the holiday lights at Shore Acres 4-6 pm. Park is open through Dec 31st, including Christmas eve, Christmas and New Year's Eve, from 4 to 9:30. \$5 parking. For more info <http://www.shoreacres.net/index.php/holiday-lights>

January Save the Date

- 13 **Scary Food**, Start the new year off by knowing what's in your food! Bandon Library, 6-7:30 pm, free
- 15 **The Fire Within**, Community Health Education Center, Coos Bay, 6 to 8:30 pm, 541-269-8076
- 30 **Magic Bullets of Weight Loss**, Chetco Activity Center, Brookings, 10 am to noon followed by a healthy lunch. 541-469-6822

To view archived issues of Wellness Ink, or to download consumer handouts, go to: <http://extension.oregonstate.edu/coos/fcd>

Archived Wellness Ink by topic

Ancient Grains	Mar 2014
Celebrating Red & Green	Dec 2012
Conquering Cancer	May 2014
Cranberry Christmas	Dec 2014
Diabetes Prevention	Oct 2012
Eat Your Sea Vegetables	Aug 2014
Foods for Allergy Relief	Jul 2014
Getting Braintastical	Mar 2013
Gifting Food	Dec 2013
Gluten Intolerance	Nov 2012
Great Pumpkin	Nov 2013
Guests in our Gut	Feb 2014
Heart Health	Feb 2013
January Joints	Jan 2013
Just Breathe	Nov 2014
Killer Teeth	Oct 2014
Men's Health	Jun 2014
Moving More	Jun 2013
Power of Sleep	Apr 2014
Reading Labels	Sep 2013
Salt: Worth the Weight	Oct 2013
Spare Tire Killing You	Sep 2012
Trillion Dollar Question	Aug 2013
Using Your Bean	May 2013
Weighing In on Diets	Jan 2014
What's in Our Food	Sep 2014



Give the gift of health!

Share the *Wellness Ink* with friends, family, co-workers, colleagues and patients. Send them the link or give us their e-mails and we'll send it directly to them.



Please watch your January *Wellness Ink* for a link to an evaluation of the *Wellness Ink* newsletter



"I walked right past the bakery without stopping to check out the holiday goodies. Now that's a miracle on 34th Street!"

Wellness Ink

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Share this newsletter with your co-workers, friends and family. Have them e-mail me with a request to receive Wellness Ink monthly. stephanie.polizzi@oregonstate.edu

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