

# LOVE AT FIRST BITE: QUEBEC CRANBERRIES!



# DISCOVER QUEBEC CRANBERRIES



The I Love Fruits and Veggies Movement and the Quebec Cranberry Growers Association (APCQ) are proud to present this guide to cranberries. You can read about the history of cranberries and their numerous benefits, along with tips and suggestions on ways to can enjoy these little Quebec-grown gems of nature even more.

You'll also find four mouth-watering recipes by master chefs to help you make Quebec cranberries a truly sensational culinary experience.

To learn even more about fruits and vegetables, please follow the I Love Fruits and Veggies Movement on social media and subscribe to our newsletter.

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The Quebec Cranberry Growers Association is a nonprofit organization that supports the interests of cranberry growers in Quebec.

APCQ members own some 80 cranberry bog sites in six Quebec regions. Research, education, and advocacy are the association's principal activities.



The Quebec Cranberry Growers Association (APCQ) is a nonprofit organization working in the best interests of all cranberry growers in Quebec, representing some 80 production sites in six regions of the province. Its main activities are research, training, and advocacy.

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# A DASH OF HISTORY...

The cranberry, also known as Atoka or lingonberry, is a native perennial plant that occurs naturally where it originated, in the wetlands of North America. As a source of Vitamin C and antioxidants, Native Americans used cranberries to treat early settlers suffering from scurvy.



American farmers begin growing cranberries in the bogs of the Cape Cod region of Massachusetts.

**1800**

A dozen or so Quebec entrepreneurs venture into the cranberry farming business. At the time, very little is known about cranberries in Quebec and the market is virtually non-existent.

**1938**

Cranberries are introduced to the Central Quebec region. After much trial and error, cranberry farming takes root and develops successfully over time.

**1984**

Land under production doubles in Quebec. The Lanaudière and Lac-Saint-Jean regions have numerous cranberry farms..

**Années 1990**

Cranberry farming starts to really take off. Areas under cultivation proliferate in the Central Quebec region.

**Années 2000**

## THE NUMBERS TELL THE STORY

- Quebec is the No. 1 producer of organic cranberries in the world.
- With a 25% market share of the global cranberry market, Quebec is No. 2 among the world's cranberry-growing regions after the State of Wisconsin.
- More than one-third of cranberry production in Quebec is certified organic.



# MAKING EVERY DROP OF WATER COUNT

Cranberry growers have been working with researchers at Université Laval for over 15 years to develop methods that make optimum use of water. Research has shown that cultivating cranberries doesn't require any more water than growing a lawn, while careful water management significantly improves crop yields.

Cranberry farms are equipped with ingenious closed-loop water systems that capture water from melting snow and rainfall in large reservoirs called lakes. A system of canals conveys water to meet the different needs of the crop: irrigation against frost and drought and flooding the fields during the harvest period. The water then returns to its reservoir, where it's recycled from year to year. Such judicious use of water is part of cranberry farming best practices with the goal of preserving this precious liquid resource.

## AN OVERFLOWING HARVEST

Cranberries are harvested mechanically by flooding the fields. Because cranberries have alveoli (air pockets), they float and move with the wind towards one end of the field. Using booms and rakes, they're guided to the fruit pump that literally vacuums them into the delivery truck. The cranberries are taken to preparation centres where they're washed and then frozen before undergoing the first stage in processing.



# HOW TO CONSERVE CRANBERRIES

## FRESH CRANBERRIES

- **In the fridge:** Unwashed cranberries will stay fresh in the fridge for up to 3 months.
- **In the freezer:** First, wash and dry them. Then place the cranberries on a baking sheet and put the sheet in the freezer. Once they're thoroughly frozen, you can store the cranberries in an airtight container or freezer bag. They keep up to two years when well-sealed. It's recommended that you do not defrost the cranberries until just before you need to use them.

Depending on the variety, fresh cranberries are available from mid-September to February in the produce section of grocery stores and in fruit and vegetable stores.

## DRIED CRANBERRIES

- **At room temperature:** Dried cranberries can be kept in an airtight container for up to one year. Keep the container in a cool, dry place.
- **In the freezer:** You can keep dried cranberries in the freezer for up to two years.



## DID YOU KNOW?

- ▶ Over 85% of Quebec-grown cranberries are harvested in the Central Quebec region.
- ▶ Before they turn red, cranberries are white. When harvested in this unripe state, they can be processed to produce a colourless juice that tastes slightly less tart than the red juice from ripe berries.
- ▶ Sometimes dried cranberries are sweetened with apple juice – a more natural alternative. This information will appear on the package. Check the package before you buy.





# THE BENEFITS OF CRANBERRIES AT A GLANCE

## THE BERRY WITH ANTIOXIDANT SUPERPOWERS

Cranberries and cranberry juice contain flavonoids and proanthocyanidins. Both are strong antioxidants. Scientific studies report that regular consumption of these antioxidants may help reduce the risk of developing certain types of cancer, including lung and stomach cancer<sup>1</sup>.



## CRANBERRIES MAY HELP IN PREVENTING SEVERAL TYPES OF DISEASE:

- Urinary tract infections. A number of studies have shown that drinking cranberry juice can reduce the frequency of urinary tract infections, a common health issue in women. For best results, it's recommended to drink a minimum of 150 ml (5 ounces) twice a day for one year.<sup>2</sup>
- Cardiovascular disease. Scientific studies have shown that consuming cranberries can increase levels of "good" cholesterol in the blood, which can lower the risk of heart disease.<sup>3</sup>
- Dental cavities (tooth decay) and periodontitis (gum disease). Some studies have shown that cranberry concentrate helps eliminate bacteria that cause oral diseases like these.<sup>4</sup>



## EXCITING AVENUES OF RESEARCH...

### **Spraying fruits and vegetables with cranberry juice may help keep them fresher longer**

It seems that some cranberry compounds may lower the incidence of certain viruses that cause foodborne illnesses. A study carried out by the Institut National de Recherche Scientifique (INRS) tested spraying a diluted cranberry solution on norovirus, a virus that causes gastroenteritis (nausea and vomiting). The results of the study are interesting indeed since it appears that cranberry compounds can destroy the proteins surrounding the virus, making it harmless<sup>5</sup>. More studies are still needed to explore this idea in a greater depth.

### **Nutrition Facts**

Fresh Cranberries 125 ml  
(50 g)

#### **Calories 20**

% Daily Value

<b>Fat</b>	0 g	0%
<b>Carbohydrates</b>	6 g	
Dietary fibre	2 g	7%
Sugars	2 g	2%
<b>Protein</b>	0 g	0%
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	0 mg	0%
<b>Potassium</b>	40 mg	1%
<b>Calcium</b>	0 mg	0%
<b>Iron</b>	0.25 mg	1%
<b>Vitamine C</b>	7 mg	8%
<b>Manganese</b>	0.175 mg	8%

Source : Fichier canadien sur les éléments nutritifs  
(FCÉN)

### **Cranberries and antibiotics team up**

Researchers at McGill University and the INRS have discovered an important new opening in the fight against antibiotic resistance. Their study shows that cranberry extract has the potential of making bacteria more susceptible to antibiotics in order to limit their resistance to the drugs. Researchers believe that proanthocyanidins molecules found in cranberries are responsible for this effect<sup>6</sup>. Naturally, we must keep in mind that these are cranberry extracts (a concentrate) and not whole cranberries. Nevertheless, the results are promising and worth following.



Although the health benefits of cranberries are interesting in themselves, this delicious red fruit is loved most of all for what it does to so many dishes and cocktails!

1-2-3-4-5-6: For references to scientific studies, please see the last page of the digital version of this guide at [www.jaimefruitsetlegumes.ca](http://www.jaimefruitsetlegumes.ca)

# ENJOY THEM ALL YEAR LONG

**CRANBERRIES ARE AVAILABLE IN A VARIETY OF CONVENIENT FORMATS: FRESH, DRIED, AND FROZEN.**

Underneath the cranberry's holiday season colours, you'll find a tangy, fruity personality that goes perfectly with both sweet and savoury dishes.

- Cranberries are key ingredients in coulis, jams, juices, marinades, purées, sauces, syrups, and dressings.
- They're standouts in tons of the tastiest recipes, including pancakes, cookies, muffins, cakes, crumbles, soft bars, and trail mix.
- Cranberries add a magic touch as well to some of today's most popular cocktails.
- Fresh cranberries are fabulous in salads, especially when accompanied by a sweet vinaigrette. And they work wonders in any poke bowl, too.
- Dried cranberries are the secret ingredient for turning a simple serving of rice into a taste sensation. And they're dynamite in homemade yogurt, granola, and energy balls.
- Cranberries are also to die for with avocados, apples, maple syrup, and oranges.



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For a light dessert, garnish the core of an apple with a mixture of fresh or dried cranberries, brown sugar, and orange zest. Add a dab of butter on top and cook for 45 minutes at 180° C (350° F) or until tender. Simply divine with a scoop of your favourite ice cream.

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Live it up by adding some colour to your morning oatmeal with a few fresh cranberries. Then drizzle a little maple syrup on top for a real treat that's guaranteed to get you on your way with gusto!





# CRANBERRIES AND CHEFS GO WELL TOGETHER

Renowned Quebec chefs have created some terrific original recipes to help you discover how great our cranberries really are. Bon appétit!



## RUTABAGA SALAD AND APPLES IN MAPLE SYRUP WITH DRIED CRANBERRIES

**Preparation time:** 15 minutes

**Setting time:** 30 minutes

**Servings:** 2 to 4

### Ingredients

- 15 ml (1 tbsp) maple syrup
- 30 ml (2 tbsp) cider vinegar
- Fleur de sel, to taste
- 1/2 medium (softball-size) rutabaga (100 g)
- 2 Cortland apples
- 10 leaves of basil (whole)
- 60 ml (1/4 cup) dried cranberries, coarsely chopped
- 60 ml (1/4 cup) extra virgin olive oil
- Chopped parsley to taste
- Fresh-ground pepper to taste

### Preparation

1. In a bowl, combine the maple syrup, cider vinegar, and a pinch of fleur de sel. Don't be shy with the salt to cut the sugar.
2. Using a mandolin, cut paper-thin slices of rutabaga and marinate in the vinaigrette. Refrigerate for about 30 minutes to let the slices soften. Stir occasionally.
3. In the meantime, using the mandolin, slice the apples about 1/2 cm (1/4 inch) thick.
4. Combine and mix the marinated rutabaga, apples, basil leaves, dried cranberries, olive oil, parsley, and pepper. Serve thoroughly chilled.



**Stelio Perombelon**

Senior Instructor at the Institut de tourisme et d'hôtellerie du Québec (ITHQ)



# BREAST OF CANADA GOOSE, CUBED, IN CRANBERRY BOURGUIGNON

Preparation time: 30 minutes

Cooking time: 3 hours 30 minutes

Servings: 4

## Ingredients

- 6 Canada goose breasts, cubed (or substitute 6 duck or 6 turkey breasts)
- Salt and pepper
- 30 ml (2 tbsp) canola oil
- 1 onion, chopped
- 45 ml (3 tbsp) flour
- 500 ml (2 cups) red vermouth
- 500 ml (2 cups) beef stock
- 1 pinch cinnamon
- 3 sprigs thyme
- 250 ml (1 cup) fresh cranberries, cut in half
- 225 g (1/2 lb) Paris (button) mushrooms, cut in quarters
- 15 ml (1 tbsp) butter
- 125 ml (1/2 cup) peeled pearl onions (blanch for 2 minutes)
- 15 ml (1 tbsp) chopped parsley

## Preparation

1. Preheat oven to 150°C (300° F).
2. Season meat with salt and pepper.
3. In a large casserole, heat oil and brown the meat for 5 minutes.
4. Add chopped onion and reduce heat.
5. Sweat\* the onion for 2 minutes, add flour, and blend.
6. Deglaze with vermouth and mix thoroughly to eliminate any lumps of flour.
7. Add beef stock, cinnamon, thyme, and cranberries, and bring to a boil. Cover, and let stew in the oven for 3 hours.
8. Test for doneness. Meat should come apart easily with a fork.
9. Just before serving, sauté mushrooms with butter in a very hot frying pan until browned. Add pearl onions. Spread this mixture over the stew, sprinkle with parsley, and serve.

\*Sweating: Gently cooking food ingredients in oil or fat in a casserole on low heat to release liquid (vegetable) or excess juice (meat)

**Stéphane Modat**  
Chef, Fairmont Le Château  
Frontenac Restaurants







## MAPLE SYRUP AND CRANBERRY CLAFOUTIS

**Preparation time:** 10 minutes

**Setting time:** 15 minutes

**Cooking time:** 45 minutes

**Servings:** 6 to 8

### Ingredients

#### CLAFOUTIS

- 5 eggs
- 80 ml (1/3 cup) maple syrup
- 175 ml (3/4 cup) milk
- 125 ml (1/2 ) 35% cream
- 125 ml (1/2 cup) flour
- 60 ml (1/4 cup) almond flour
- 5 ml (1 tsp) salt
- 454 g (1 lb) fresh cranberries

#### SERVE WITH:

- 500 ml (2 cups) sheep-milk or buffalo-milk yogurt
- Maple syrup to taste

### Preparation

1. Preheat oven to 180° C (350° F).
2. In a mixing bowl, whisk together the eggs, maple sugar, milk, and cream.
3. Add flour, almond flour, and salt, and mix thoroughly. Let stand 15 minutes to allow dough to rise.
4. Place cranberries on the bottom of a 25 cm (10 inch) round baking dish and add the mixture.
5. Bake in the oven 40 to 45 minutes. Serve warm with yogurt and maple syrup.



**Rémy Couture**  
Pastry chef and owner,  
Crémy Pâtisserie



## CRANBERRY BLOSSOM

Preparation time: 5 min.

Servings: 1

### Ingredients

- 45 ml (3 tbsp) cold espresso-style coffee
- 15 ml (1 tbsp) simple syrup\*
- 12 deep-frozen cranberries
- 15 ml (1 tbsp) Creme de Cacao liqueur
- 30 ml (2 tbsp) White Keys or Cirka vodka

### SERVE WITH:

- 3 cranberries and cocoa powder



### Preparation

1. Place all ingredients in a cocktail shaker and add ice.
2. Shake 5 to 8 seconds and pour through a fine strainer into a martini glass.
3. To decorate the glass with cocoa, take a lemon and moisten the entire glass. Then turn the glass upside down and dust with cocoa powder through a fine strainer.
4. Garnish with cranberries.

### Gabrielle Panaccio

Mixologist, co-owner of two "Bar Le Lab" cocktail bars, founder of Proxibar Mixologie, and co-owner of Le Lab Produits Artisanaux.



\* To prepare simple syrup, add equal parts sugar and water in a saucepan. Bring to a boil to dissolve the sugar. Let syrup cool before using.

For more tasty recipes, please visit: [notrecanneberge.com](https://notrecanneberge.com)

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# NOTES

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