

September 2005

NEOHOMA

The NEW Oregon HOmeMAker

Quarterly Newsletter for Coos County Family Food Education Program
Oregon State University Extension Service

Oh Cranberry! My Cranberry!

(With apologies to Walt Whitman)



Of all fruits, only three - the blueberry, the Concord grape and the cranberry can trace their roots to North American soil. Cranberries grow wildly from the Carolinas to the maritime provinces of Canada. They prefer areas that have sandy soil, an abundant fresh water supply, and a spring through fall growing season. The major growing areas for cranberries are Massachusetts, New Jersey, Wisconsin, British Columbia, Quebec, Washington State and Oregon.

The cranberry helped sustain Americans for hundreds of years. Native Americans used cranberries in a variety of foods, the most popular was pemmican - a high protein combination of crushed cranberries, dried meat and melted fat. They also used them as a medicine to treat arrow wounds and as a dye for rugs and blankets. Native Americans taught early settlers to utilize this wild fruit for food, and it became a staple along with salt cod and cornmeal. Sailors took barrels of cranberries to sea to prevent scurvy. The fruit was initially referred to as "crane berry", because the plant's slender stem and downward-hanging blossom resemble the neck, head and beak of a sandhill crane. Over time the word was shortened to "cranberry".

The American cranberry is a hearty, trailing vine with runners up to six feet long. Short uprights grow off the runners and bear the flower and fruit. Cranberries survive only under a special combination of factors: in addition to the earlier mentioned adequate fresh water supply, sand and an April through November growing season; they also require an acid peat soil. Contrary to popular belief, cranberries do not grow in water. Instead, they grow on vines in impermeable beds layered with sand, peat, gravel and clay. These beds, commonly known as "bogs", were originally made by glacial deposits. Normally, growers do not have to replant since an undamaged cranberry vine will survive indefinitely. Some vines on Cape Cod are more than 150 years old.

Cranberry bogs employ a unique growing system that includes wetlands, uplands, ditches, flumes, ponds and other water bodies. Growers maintain about four to ten acres of supporting land for every acre of cranberry bog. The entire cranberry wetland system provides diverse habitats to many animal and plant species including the red-bellied turtle, Plymouth gentian, slender arrowfoot, and red root in the northeastern USA. Other plant and animal species found in and around cranberry bogs include otters, great blue herons, wood ducks, osprey, bald eagles, foxes, deer, water lilies, meadow beauty, and loosestrife.

Considered the life blood of cranberries, water is used throughout the year: for irrigation, to

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Family Food Education Program Coos County



JoAnn Mast, Staff Chair, Program Administrator

Another Coos County Fair has been planned, promoted and presented. Thanks to many of you, information about food preparation, preservation and safety has reached the homes of many county residents. Your volunteer efforts continue to be a great part of how the Extension Service operates, and each of you help make our county office stronger.

Welcome to our newly trained Family Food Educators, Pete Baumer, Mary Hilda Parrish, Liz Halamka, JoAnn Sanquist and Nancy Wood. They join a group of dedicated volunteers who have been waiting for trained help to assist them with a list of many commitments.

Additional help is arriving this month, as Stephanie Polizzi joins our office. Many of you had an opportunity to meet Stephanie during the reception held in May. She is moving to Beautiful Bandon by the Sea, where she will be able to commute to Myrtle Point and Gold Beach. The roads may not be quite the same as Connecticut, but the amount of traffic won't be similar either.

Stephanie assumes the Family Community Development position with degrees in Physical Education Science and Public Health Nutrition. Her recent work as a private consultant has allowed her to teach, coach and train individuals and teams. Regardless of the desired outcome, her training skills focused on enthusiasm, proficiency and integrity. This educational background and work experience should provide Coos County Extension with a new employee ready to help answer questions and plan educational programs that meet our needs.

One other change taking place very soon is my change in position description to a part time employee with a four month appointment. I will be working 16 hours per week through the end of 2005, and hope to be ready for full retirement in 2006.

OSU Extension Service Mission Statement

The Oregon State University Extension Service engages the people Of Oregon with research-based knowledge and education that focus on strengthening communities and economics, sustaining natural resources, and promoting healthy families and individuals.

FAMILY FOOD EDUCATION PROGRAM GOAL

The goal of the Family Food Education Program is to assist the general public in the safe preparation and preservation of fruits, vegetables, meats and fish, through scientifically tested methods and recipes for canning, freezing, drying and smoking. These methods and recipes are disseminated via classes, workshops, telephone and Email service.
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NEOHOMA

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Staff Chair, JoAnn Mast
Publisher
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Editor

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protect vines from weather damage in winter and frost in spring, and is essential to the harvesting process. As spring arrives, the bogs are drained and cranberry vines are brought out of dormancy by warmer days. Soon after spring, light pink blossoms begin to appear. As flowers bloom, honeybees, bumblebees and sundry insects pollinate the flowers. In mid-July, petals fall from the flowers leaving tiny green nodes which after weeks of summer sun, become red, ripe cranberries.

During harvest, many growers flood their bogs causing cranberries, which have small air pockets in the center, to rise. Growers then use water-reel harvesting machines to loosen cranberries from their vine causing them to float on top of the water. These machines look like miniature combines with cylindrical spool-shaped metal beaters attached to the front. After floating to the top, berries are corralled onto conveyers to waiting trucks that take them to receiving stations and eventually processing plants. In the 1880s, a New Jersey grower named John "Peg Leg" Webb discovered the "cranberry bounce". Instead of carrying his crop down from the storage loft of his barn, he poured them down the steps. Only the freshest, firmest fruit reached the bottom; rotten or bruised berries remained on the steps. This discovery led to the invention of *bounceboards*, which helped growers separate rotten berries that didn't bounce from the fresh ones.

About 10 percent of the cranberries are dry harvested and sold as fresh fruit. To dry harvest, growers use lawn mower-shaped mechanical pickers with comb-shaped conveyer belts that pick the berries and carry them to attached burlap bags. These bags are emptied into bins and delivered to fresh fruit receiving stations where they are graded and screened.

The popularity of the cranberry is growing internationally. Cranberries are used as ingredients in thousands of products around the world, from cereals to salsas. The industry provides more than 10,000 jobs nationally and almost a half billion dollars to the US economy. ♦

Major Events in the History of Cranberry Production

1816 Captain Henry Hall first cultivates cranberries in Dennis, MA.
1820's Cranberries shipped to Europe for sale
1838 First record of ice sanding on bogs and flooding first used to control insects and prevent frost damage.
1843 Eli Howes cultivated Howes' variety of cranberries in East Dennis, MA.
1845 "An Act for the Protection of Cranberries on Gay Head" put forth by Gay Head Indians on Martha's Vineyard.
1847 Cyrus Cahoon cultivated Early Black variety cranberries, in Harwich, MA.
1850s - First cranberry scoops used for harvest and water harvesting tried, but abandoned. Seamen used cranberries to prevent scurvy at sea.
1871 American Cranberry Growers' Association formed in New Jersey.
1887 - Snap scoop invented for younger vines by Daniel Lumbert.
1888 Cape Cod Cranberry Growers' Association formed in Massachusetts.
1907 First market cooperative - New England Cranberry Sales Company founded.
1910 Cranberry Experiment Station research facility established in Wareham, MA. Dr. Henry J. Franklin named first director of Cranberry Experiment Station. More efficient rocker scoop used.
1912 Hayden cranberry separator patented. First cranberry sauce marketed.
1920 Oscar Terbo invented first mechanical ride-on dry harvester known as Mathewson. Telephone frost warning system started.
1923 Bailey Separator patented to grade and separate cranberries by bouncing the berries.
1930 Ocean Spray formed as a grower owned marketing cooperative.
1947 Walk behind mechanical dry harvesters replaced hand scooping.
1953 First million barrel National crop.
1959 Cranberry scare causes industry market crash.
1960's First successful water harvesting. Sprinkler systems installed on most bogs. Cranberry products diversify and market expands.
1970's Integrated Pest Management (IPM) program used.
1983 Formal IPM programs developed.
1980's International market developed for cranberries and cranberry products become ingredients in other products. ♦

CRANBERRY BAKED BEANS

3 cups dry navy beans	5 cups cranberry juice
1/2 lb. bacon, diced	3/4 cup chopped onion
1/2 cup ketchup	1/4 cup molasses
5 tsp. dark brown sugar	1 1/2 tsp. ground mustard
1 1/2 tsp. Salt	1/8 tsp. ground ginger

Place beans in a Dutch oven or soup kettle. Add water to cover by 2 inches. Bring to a boil; boil for 2 minutes. Remove from heat; cover and let stand for 1 hour. Drain beans and discard liquid. Return beans to Dutch Oven. Add cranberry juice; bring to a boil. Reduce heat; cover and simmer for 1 hour or until the beans are almost tender. Drain, reserving cranberry liquid. Place beans in a 2 1/2 qt. casserole or bean pot. Add remaining ingredients and 1 1/2 cups of cranberry liquid. Cover and bake at 350 deg. for 3 hours or until beans are tender and have reached desired consistency, stirring every 30 minutes. *Add reserved cranberry liquid as needed.*

Yield: 10-12 servings

Note: This is a very different and extremely wonderful baked bean recipe!

CRANBERRY BBQ SAUCE

6 cups Cranberries (fresh or frozen)	3 cups Water
1/2 cup Diced onion	1/2 cup Brown sugar
1 tbsp. Tomato paste	2 tbsp. Worcestershire sauce
1/4 cup Red wine vinegar	1/4 cup Balsamic vinegar
1/4 tsp. Liquid smoke	1 tbsp. Ground ginger
1 tsp. Each, oregano and thyme	1 tbsp. Each, chili powder and paprika
2 tsp. Dried mustard	1/2 tbsp. Tarragon
1 Garlic clove, minced	1 1/2 tsp. Salt
2 tsp. Black pepper	Tabasco™ sauce to taste

Place all ingredients into a non-aluminum stock pot and bring to a slow boil. Boil until the liquid is reduced to 1/3 (Approx. 15 minutes). Pour reduced mixture into a blender or food processor (metal blade) in small batches and puree (*always be VERY careful when pureeing hot liquids!*). Strain the puree through a fine mesh strainer. Refrigerate. This sauce will hold for several weeks in the refrigerator!

For a lighter sauce to serve with your entrée, mix equal parts barbeque sauce and chicken or beef stock, heat to boiling and then add cream to lighten the sauce. Reduce the mixture by 1/3 over medium heat, then spoon over grilled meats or poultry.

Yield: about 5 1/2 Cups

LEMON-CRANBERRY POUND CAKE

1/3 C Lemon juice	2 tbsp. Lemon zest
2 tbsp. Brandy or 1/4 tsp. Brandy flavoring	4 oz. Dried cranberries or dried cherries
1 C Unsalted butter, softened	3 C Granulated white sugar
6 Large eggs	1/2 tbsp. Pure vanilla extract
3 1/2 C All-purpose flour	1/2 tsp. Baking soda
1/2 tsp. Salt	1 C Sour cream or plain yogurt
Powdered Sugar for dusting top of cake	

Preheat oven to 350 degrees F (180 degrees C). Butter and flour (spray with Baker's Joy™, which is a vegetable oil and flour spray) a 10 inch (25 cm) bundt pan.

In a small saucepan over high heat, bring brandy, dried cranberries and lemon juice to boil. Cover and remove from heat. Let cool and then drain, reserving cranberries and liquid separately.

In a separate bowl, combine the flour, baking soda and salt. Set aside.

In bowl of electric mixer, cream butter and sugar until light and fluffy. Add vanilla extract and eggs, one at a time, beating well after each addition. Scrape down the sides of the bowl. With mixer on low, add 1/3 of flour mixture, alternating with sour cream, about 1/2 cup at a time, beating just until batter is smooth. (You will have three additions of flour and two of the sour cream.) Stir in the lemon peel and drained cranberries, making sure you do not over mix.

Pour batter into bundt pan and smooth the top with a rubber spatula. Bake for approximately 60 minutes or until a toothpick inserted into the middle of the cake comes out with moist crumbs. Remove from oven and place on a wire rack. Let cool 5 minutes and then lightly brush the top of the cake with some of the reserved cranberry liquid. After 10 more minutes loosen sides of pan with a sharp knife and invert onto a wire rack. Immediately brush the top and sides of the cake with some of the cranberry liquid. Cool the cake completely. Dust with powdered sugar before serving. If not serving immediately wrap the cake well with plastic wrap and refrigerate or freeze.

Note: Instead of using a 10 inch bundt pan, you can use a bundt-lette pan. This recipe will make approximately 10 small cakes.

Baking time: approx. 25-30 minutes.

PUZZLE SOLUTION

(From page 7)



PALOMINO CHICKEN

6 boneless, skinless chicken breast halves	
1 16-oz. can Whole Berry Cranberry Sauce	1 plum tomato, seeded and chopped
1/4 cup diced dried apricots	1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger	1/2 teaspoon dried cilantro
1/2 teaspoon hot pepper sauce	1/2 teaspoon black pepper

Combine all ingredients, except chicken, in a medium saucepan. Cook until heated through. Keep warm until serving time. Sauté, broil, bake or grill chicken. Top each breast with 1/4 cup of the cranberry mixture.

SELECTING and USING CRANBERRIES

When buying cranberries, they should look shiny and plump, with a bright color (light or dark red). Good, ripe cranberries will bounce. Cranberries do not ripen after harvest.

Cranberries can be kept refrigerated in their original, unopened plastic bags for one or two months. They can be kept frozen for 8 to 9 months. Cooked, they can be kept refrigerated for up to a month in a covered container. As with all berries, if one starts getting soft and decaying, the others will quickly soften and decay. Be sure to sort out the soft ones if you plan to store them for more than a few days.

Cranberries are often too tart to be eaten raw. Most cranberries need be cooked before they are eaten. No matter what preparation method you choose, cook cranberries only until they pop because overcooking gives them a bitter taste. Since cranberries are almost 90% water, do not thaw frozen cranberries before cooking them. Thawing will cause the fruit to breakdown, resulting in soft cranberries.

CHICKEN TENDERS WITH CRANBERRY-MUSTARD SAUCE

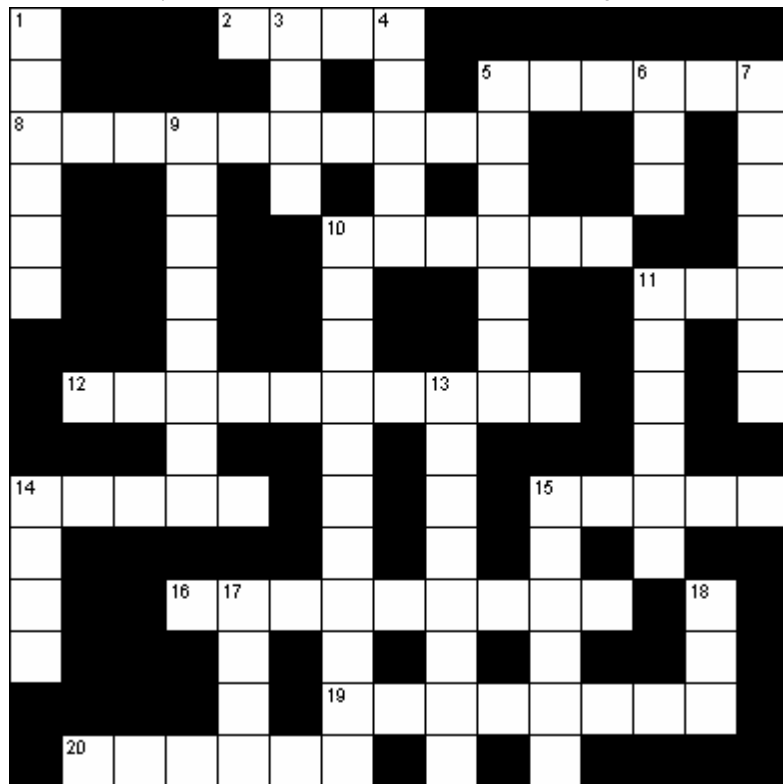
1 pound chicken tenderloins	2 tbsp. Butter, divided
2 tbsp. Oil, divided	2/3 C dry white wine
2/3 C chicken broth	3 tbsp. country-style Dijon mustard
1 1/2 tsp. cornstarch	1 1/2 tbsp. water
Flour, salt and pepper	1/4 C sliced green onions, green part only
1/2 C Ocean Spray® Craisins® Original Sweetened Dried Cranberries	

Lightly toss chicken pieces with flour; shake off excess. Sprinkle lightly with salt and pepper.

Heat 1 tablespoon of butter and oil in a large skillet. Add half of the chicken; cook about 2 minutes, turning once until chicken is golden brown on each side and cooked through. Add more butter and oil if needed. Remove to a platter; keep warm. Repeat with remaining chicken.

Add wine, chicken broth and mustard to skillet, scraping up browned bits. Combine cornstarch and water in a small bowl. Stir into skillet. Add sweetened dried cranberries. Boil 1 to 2 minutes or until sauce thickens. Stir in green onions; cook 1 more minute. Pour sauce over chicken.

Culinary Crossword -- Cooking Utensils



Down

1. Cooking hole. (3,3)
3. Kitchen appliance.
4. According to many, the most important kitchen utensil.
5. An aviation, baseball, and food processing term.
6. The single, central kernel or stone of certain fruits.
7. A large young chicken over 3 1/2 lb.
9. Made of heat-resistant material and used for cooking.
10. A gadget for extracting juice from a species of *Allium*. (6,5)
11. Goes with vegetable, potato and apple.
13. Atomic number 13.
14. A fungus.
15. Paella pan.
17. An earthenware pot used to cook stews in Spain, Central & South America.
18. The goat god.

(Solution — Page 5)

Across

2. The last of the common eating utensils to be developed.
5. Cook red cabbage in this and the cabbage turns blue.
8. A shallow concave container for particular type of custard pie. (6,4)
10. A pan for making miniature muffins. (3,3)
11. Metal cooking vessel, usually with a handle.
12. Metal or pottery which has been overlaid with a hard, glassy substance.
14. A communal social activity, a piece of electronic equipment, and a cooking appliance.
15. To separate lumps from a powdered material.
16. A Canadian ground pork, veal and onion pie, sometimes served cold.
19. A deep, round metal cooking utensil with one long handle.
20. Poultry cutter.

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CREAM OF TARTAR

Cream of tartar is an acid powder. Combined with baking SODA it makes baking POWDER.

Cream of tartar is also used to give a creamier texture to sugary things like candy and frosting and to stabilize and increase the volume of beaten egg whites.

1 pound cream of tartar = 3 3/4 cups
1 Tablespoon = 1/4 ounce



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2005 FOOD PRESERVATION CLASSES



THE FINAL TWO OF OUR SIX ANNUAL FOOD PRESERVATION CLASSES ARE COMING THIS FALL !

AFTERNOON CLASS HELD AT THE OHLSEN BAXTER BUILDING,
 COOS COUNTY EXTENSION SERVICE, 631 ALDER STREET, MYRTLE POINT
 PH 572-5263 — rhonda.fischer@oregonstate.edu

EVENING CLASS HELD AT GLORIA DEI LUTHERAN CHURCH
 1290 THOMPSON ROAD, COOS BAY
 PH 572-5263 — rhonda.fischer@oregonstate.edu

WALK-INS WELCOME — PRE-REGISTRATION APPRECIATED

MASTER MIXES and
 GIFTS FROM THE KITCHEN
 CLASS FEE \$5.00

THURSDAY, OCTOBER 20

1:00 > 3:00 PM

THURSDAY, OCTOBER 20

6:00 > 8:00 PM



TUNA WORKSHOP - SATURDAY, SEPTEMBER 17
 EXTENSION OFFICE ONLY — CLASS FEE \$10.00

10:00 AM > 2:00 PM

FRESH TUNA SNACKS INCLUDED

