





Cranberries

Pinelands Folklife Project

American Folklife Center
The Library of Congress
Washington, D.C.

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Printed by: The Art Litho Company, Baltimore, Maryland

This publication was made possible by the Elizabeth Hamer Kegan Fund, which is used to further the Center's activities; contributions are tax exempt.



The Library of Congress
Washington, D.C. 20540
(202) 287-6590
1984



CRANBERRY—a slender, trailing North American shrub, growing in damp ground and bearing tart red berries. Along with blueberries and Concord grapes, cranberries are fruits unique to the North American continent. The use of cranberries as a food staple in the diets of Americans becomes more secure with each generation, but in fact they were established as a popular food long before the arrival of the Pilgrims.

The Wampanoag tribe which inhabited portions of Massachusetts harvested many wild foods, especially berries such as strawberries, blueberries, elderberries, and, in the autumn, the ruby-red wild cranberries. In areas of New Jersey the Lenni-Lenape tribe of Indians called them the “bitter berry.” One New Jersey chief, known as Pakimintzen (“cranberry eater”), distributed cranberries at tribal feasts and considered them a symbol of peace.

In *The Cranberry Book* (1883), Elizabeth Gemming reports that:

Wild cranberries ripened in such abundance that they were eaten fresh, ground or mashed with cornmeal and baked into bread, and also stored both fresh in spring water and dried. Indians mixed dried, mashed cranberries with smoked venison (deer meat), fat, and wild onions, boiled the mixture, pounded it to a pulp, formed cakes, and dried them on rocks in the sun. This was pemmican, a survival ration carried on long journeys by natives, and later by white settlers. The Menomini of Wisconsin, where wild cranberries grew in abundance, sweetened them with maple sugar, while eastern Indians mixed the mouth-puckering sour berries with precious wild honey. Indians dyed rugs and blankets with cranberry juice, and also used

cranberries for healing. They made poultices from unripe cranberries, roasted and mashed, to cure scrapes and sores, especially wounds from poisoned arrows. They believed in the berry's special power to calm the nerves. (Today, we know that the cranberry contains a natural antibiotic, and doctors often recommend cranberry juice to people who suffer from bladder infections . . .). (pp. 10-11.)

Cranberries are grown in fields known as "bogs." Plants under cultivation have very definite needs: a firm base of acid soil and peat, a dependable supply of fresh water, and sand. They like a fairly long growing season without severe frosts. The ocean-tempered climate of Cape Cod is ideal. The Pine Barrens of New Jersey and portions of Wisconsin and Oregon are also well suited to cranberry cultivation. Current techniques now make it possible to drain and channel natural wet bogs and convert them into cranberry growing areas.

The early settlers in America were traditionally protective of the many native plants that were edible, and the cranberry was one of the abundant and popular autumn fruits. In Provincetown a law was passed in 1773 prohibiting the harvesting of cranberries before September 20th. Several years later, in 1789, the residents of southern New Jersey enacted a law prohibiting the picking of cranberries before October 10th, subject to appropriate fines.

During the early part of this century the favorite harvesting tool was the wooden hand scoop, which replaced the original hand-picking method. The picturesque hand rakes and scoops remained in use until fairly recently,



most notably in the New Jersey Pine Barrens. They are now highly prized as antiques. Today, the vast majority of the nation's cranberries are harvested by machine, reflecting the scarcity and high cost of labor.

Throughout the Pinelands Folklife Project a good deal of material about the cranberry was collected by the fieldworkers in writing, on tape, and in photographs. The cranberry is very much a part of the everyday life of many Pinelands residents. This publication presents a selection of the recipes that have been "kitchen tested" for generations. The cranberry has always been a necessary ingredient at Thanksgiving dinner and frequently at Christmas. It is now appearing regularly as a gourmet ingredient for desserts, breads, sauces, and preserves. Cranberries freeze well, thus making year-round use possible. The color of cranberry is often used for decoration, and is especially symbolic of early American holiday festivities. This book is offered in tribute to the cranberry, its growers and pickers, and to those who have provided us with a sampling of home-tested cranberry recipes.



RECIPES

It may not be inappropriate to give some recipes for preparing cranberries for the table; since there are many who, as yet, hardly know what they are, much less how to cook them.

*For instance, a story is related of an Englishman who, upon receiving a barrel of cranberries from a friend in America, acknowledged the receipt of them, stating that "the berries arrived safely, but they soured on the passage." We are left to infer that the uncooked fruit was served up in cream, a mode not approved of in New Jersey. (From: Joseph J. White, *Cranberry Culture* (New York: O. Judd Co., 1885), p. 94.)*

This will keep a long time in the refrigerator.

Cranberry Relish

1 quart cranberries	1 lemon (seeded)
2 whole oranges (seeded)	2 cups sugar
2 whole apples (cored but not peeled)	1 cup ground or chopped nuts

Put cranberries, oranges, apples, and lemon through a grinder.
Stir in sugar, then the nuts.

Mid Green

Very good with meats.

Spiced Cranberry Relish

1 orange, unpeeled, no seeds	$\frac{1}{4}$ cup orange juice
2 cups washed cranberries	1 tablespoon mustard
1 cup sugar	$\frac{1}{8}$ teaspoon allspice

Put orange and cranberries through food grinder. Add sugar, orange juice, mustard, and allspice. Let stand 24 hours. Makes 2 cups.

Helen Zimmer

Don't forget that cranberries can be strung for Christmas decorations.

Cranberry Nut Bread I

2 cups sifted flour	2 eggs
½ teaspoon salt	¼ cup boiling water
1½ teaspoons baking powder	1 cup sugar
½ teaspoon baking soda	1 cup coarsely chopped cranberries
2 tablespoons vegetable shortening	1 cup chopped nuts
½ cup orange juice	

Mix flour, salt, baking powder, and baking soda into medium bowl. Beat 2 eggs in a large bowl until foamy, add sugar slowly and beat until thick and light. Combine orange juice and water to make $\frac{3}{4}$ cup of liquid. Stir dry ingredients into egg mixture alternately with orange juice. Blend well after each addition. Stir in cranberries and nuts. Spoon into greased 9 x 5 x 3 inch loaf pan and bake in a preheated 325 degree oven for one hour.

Eileen Homiller

This is good served with cream cheese.

Cranberry Nut Bread II

2 cups sifted all purpose flour	1 cup fresh whole
1 cup granulated sugar	cranberries, chopped
3 teaspoons baking powder	½ cup chopped walnuts or
¼ teaspoon baking soda	pecans
3 eggs	2 tablespoons melted
	shortening

Heat oven to 350 degrees. Sift together dry ingredients. Add nuts and cranberries. Then stir in beaten eggs and shortening until just blended. Pour into greased 9 x 5 x 3 inch loaf pan. Bake for 45 minutes or until done when tested with toothpick.

Mid Green

Cranberry-Mincemeat Sweet Sour Bread

2 cups whole cranberries	2 cups whole wheat flour
3 eggs	1 teaspoon baking soda
½ cup sunflower seed oil	1 teaspoon baking powder
1 cup mincemeat	1 cup milk (about)
2 cups white flour	½ cup sugar (honey or brown sugar)

Preheat oven to 350 degrees. Grease and flour two 9 x 5 x 3 inch loaf pans. Beat eggs, add oil and honey, and mix. Add dry ingredients little by little, stirring as you go. As mixture becomes too thick, add a small amount of milk. Keep batter medium thick, so your spoon goes through well for mixing purposes, but not freely. Add mincemeat and mix through. Then add cranberries and mix through. If batter is too thick, add the amount of milk you need to make it seem right. Ladle batter into two loaf pans, filling about halfway. Bake at 350 degrees for about 1 hour. Test for doneness with butter knife. Keep in mind that moisture has been released inside by the popping of your cranberries. May be eaten hot, but does not slice as well. Freezes well; slice before loaf is totally defrosted for uniform slices.

Arlene Ridgeway

Glazed Stuffed Baked Apples

Raisins	½ cup sugar
Nuts	1 tablespoon cornstarch
Brown sugar	¾ cup fresh cranberries
Butter	¾ cup water

Core apples to ½ inch from bottom and stuff with mixture of 1 part butter, 2 parts brown sugar, and a liberal amount of nuts and raisins to make a thick mixture. Bake at 350 degrees for 45 minutes or until fork tender. Combine sugar, cornstarch, cranberries, and water. Cook in a sauce pan until skins pop. Pour over apples and broil for 3 or 4 minutes until glazed.

Eileen Homiller

Garnish and Gravy

Ham or ham slices, pork chops, or spam may be garnished with whole cranberries, honey, and a small amount of orange juice. Also, placing 1 or 2 cups of water in the pan after adding meat and the above ingredients makes a luscious gravy when thickened with a mixture of cornstarch and water.

Arlene Ridgeway

Cherried Cranberries

4 cups washed whole cranberries	$\frac{1}{4}$ teaspoon baking soda $\frac{1}{4}$ teaspoon salt
2 cups sugar	1 cup water

Mix ingredients together and boil slowly for about 15 minutes. Set aside to cool. Makes two pints.

Can be sealed or, if kept in the refrigerator, it keeps quite a long time. Nice for glaze on ham.

Helen Zimmer

Cranberry Sauce

Bring to rolling boil 1 quart sugar and 1 quart water. Boil for 15 minutes. Add 2 quarts of washed cranberries. Bring to rolling boil again and boil for another 15 minutes. Place in containers and cover with wax.

This recipe can be made in half quantity, always with twice as many berries as sugar and water.

Mid Green



Cranberry Mold

2 cups cranberries
2 cups water
1 cup sugar

Boil three ingredients together for 5 minutes. While still hot add 1 three-ounce package of red jello and 1 envelope of Knox gelatin mixed in 2 tablespoons of cold water. Stir well until all is dissolved. When cool, add 1 cup chopped apples, $\frac{1}{2}$ cup chopped nuts, $\frac{1}{2}$ cup chopped celery. Pour in 1 quart mold and chill until set.

Helen Zimmer

Cranberry Pie

1 quart cranberries, chopped	1 teaspoon cornstarch
$\frac{1}{2}$ cup molasses	2 tablespoons butter
$1\frac{1}{3}$ cups sugar	pastry for two-crust pie

Mix sugar and cornstarch. Add to cranberries and molasses. Pour into pastry-lined pan. Dot with butter and cover with top crust. Bake at 425 degrees for 35-40 minutes.

Helen Zimmer

Cranberry Nut Pie

1 $\frac{1}{4}$ cups cranberries	$\frac{1}{2}$ cup granulated sugar
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ cup flour
$\frac{1}{4}$ cup chopped nuts	$\frac{1}{3}$ cup melted butter
1 egg	

Spread cranberries on the bottom of a buttered 9-inch pie pan. Sprinkle with brown sugar and nuts. Beat egg until thick, gradually add granulated sugar. Beat until well blended. Add flour and butter, and beat well. Pour batter over cranberries and bake 45 minutes in a 325 degree oven.

Eileen Homiller

Cranberry Refrigerator Cake

2 cups chopped cranberries (fresh or frozen)	5 tablespoons melted butter
1 large banana, diced	1 cup confectioner's sugar
$\frac{2}{3}$ cup granulated sugar	2 eggs
2 cups crushed vanilla wafers	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ cup margarine or butter	1 cup whipping cream

Mix together chopped cranberries and granulated sugar; set aside. Mix crushed vanilla wafers with melted butter. Place $\frac{1}{2}$ wafers in bottom of 9-inch glass deep-dish pie plate. Press in place. Cream margarine and confectioner's sugar. Add eggs and beat well. Spread this mixture over cookie crumbs. Top with layers of cranberry mixture and banana. Sprinkle with chopped nuts. Whip the cream until peaks form and spread over the cranberries and nuts. Cover all with remaining crushed wafers and chill at least 4 hours. Best if chilled overnight.

Mid Green



Cranberry Cake

1 cup shortening	1 teaspoon baking soda
1 cup sugar	½ teaspoon salt
2 eggs	½ cup sour cream
1 teaspoon almond extract	16-ounce can whole cranberry sauce, drained
2 cups flour	¼ cup chopped nuts
1 teaspoon baking powder	

Cream sugar and shortening. Add eggs and extract, and beat well. Sift dry ingredients. Add alternately to shortening mixture with sour cream. Pour in greased and floured tube pan. Swirl cranberries through batter. (Note: shortening may be reduced to ½ cup and sour cream increased to 1 cup.) Sprinkle chopped nuts on top of batter. Bake 55 minutes at 350 degrees.

Helen Zimmer



Cranberry Fluff

1 quart cranberries	1 cup diced apple
½ cup small marshmallow pieces	2 cups sugar
	1 cup diced celery

Mix and let stand overnight in refrigerator. Before serving fold in 1 ½ cups whipped cream. A cup of chopped nuts may be added at this time, if desired. Can be used for a relish or light dessert.

Helen Zimmer

Mock Cherry Pie

1 cup cranberries	¼ teaspoon salt
½ cup raisins	2 tablespoons butter
1 cup sugar	2 tablespoons vanilla
1 tablespoon flour	pastry for two-crust pie

Cut cranberries in half. Rinse several times to remove seeds. Rinse raisins in hot water. Drain. Mix flour, sugar, and salt. Add cranberries, raisins, vanilla, and ½ cup boiling water. Place in pie crust. Add butter and top crust. Bake at 375 degrees for 35 minutes.

Helen Zimmer

Apple Cranberry Strudel

Butter and flour a 9 x 13 inch pan. Place peeled fruit of your choice (apples, peaches, blueberries, etc.) in the pan — in this case, apples and cranberries (more of the apples than the berries). Drizzle lightly with honey and sprinkle with cinnamon. Dot with margarine or butter. Add topping (recipe follows).

Note: Large fruit such as apples or peaches should be peeled and sliced. Berries should be left whole.

Topping

1 cup sugar (honey or brown sugar)	1 teaspoon baking powder
1 egg	1 cup flour (½ cup white, ½ cup whole wheat)
1 cup milk	

Mix together topping ingredients, pour over fruit, and bake at 350 degrees for about 45 minutes. Test with the blade of a butter knife for doneness. Let cool before cutting into portions. Use spatula to place portions, fruit side up, on serving platter.

Arlene Ridgeway

Apple Cranberry Pie

Prepare crust and apples as you would for an apple pie, substituting 1 cup of whole cranberries for 1 cup of apples. (Similar substitutions can be made with fresh pears.) Drizzle fruit with honey, dot with margarine or butter, and sprinkle with cornstarch. Bake as usual for an apple pie.

Arlene Ridgeway

Cranbleberry Pie

2½ cups raw, chopped cranberries	5 tablespoons cornstarch
¼ teaspoon salt	1⅔ cups blueberries
pastry for two-crust pie	1¼ cups sugar

Mix berries. Combine sugar, cornstarch, and salt and stir into berries. Spread into pastry-lined pan. Add top crust and bake at 400 degrees, until juice bubbles and crust is nicely browned.

Ada Simons

We always use glass dishes when made for Thanksgiving or Christmas dinner. If placed in jars and topped with wax, this will keep for a long time.

Cranberry Jelly

2 quarts cranberries
1 quart sugar
1 quart water

Wash cranberries and place in large cooking pot. Add the sugar and water, and stir until sugar is dissolved. Bring to a rolling boil and boil for 20 minutes. Put through a food mill that will remove the skins. Pour in containers.

Mid Green

Cranberry Juice

4 cups washed whole cranberries
4 cups water
1 cup sugar
¼ teaspoon cinnamon

Boil together for about 5 minutes and strain. Store in refrigerator.
Serve chilled.

Helen Zimmer

Keeps your drink cold, but does not dilute your juice.

Cranberry Ice Cubes

Pour cranberry juice into ice cube trays and freeze. Add to punch bowl filled with cranberry juice and add orange slices.

Arlene Ridgeway

Cranberry Wine

4 quarts cranberries
12 quarts boiling water
7 cups sugar
1 pound seeded raisins

Freeze cranberries for a week. Pour boiling water over berries and let stand for 24 hours. Strain through coarse bag or cloth, squeezing to extract all possible juice. Add sugar and raisins. Bring to a boil and simmer for 1 hour; skim. Cool to lukewarm. Add $\frac{1}{2}$ cake yeast to each 8 quarts mixture. Let stand about 2 weeks to ferment; then remove from crock and bottle. Keep several months in a cool place before using.

Ann Ramp Fox

Cranberry Liquor

4 cups cranberries
2 cups sugar
2 cups gin

Chop the cranberries. Add sugar and gin. Put in a jar and turn jar upside down. Turn every day for 3 weeks. Drain. Save cranberries for garnish over ice cream.

Ada Simons

*Cranberries may be rapidly sorted by allowing them to roll down a smooth, shallow, inclined trough. The rotten berries, not rolling readily, may be picked out, while the sound ones, by reason of their greater firmness, will pass on to the receiver below. (From Joseph J. White, *Cranberry Culture* (New York: O. Judd Co., 1885), p. 94.)*



Pinelands Folklife Project

For two months in the fall of 1983 a team of 12 researchers trained in folklore, anthropology, American studies, environmental psychology, ethnobiology, and photography surveyed the living traditional culture of the Pinelands of southern New Jersey. The Pinelands Folklife Project, like American Folklife Center projects in other parts of the country, emphasized the full range of activities and lifestyles present in the study area. Particular attention was paid to the interplay of natural and cultural resources in the agricultural regions, woodlands, and wetlands. The recipes used in this booklet were collected during the project from women in southern New Jersey.

The project was directed by Mary Hufford, a folklife specialist at the American Folklife Center. The results of the research are available to researchers and the general public in an automated archive at the Library of Congress or in reference archives being established in the Pinelands. *Cranberries* is the first of several planned publications based on the Center's research.

Illustrations

Cover: Cranberries. Photo by Joseph Czarnecki.

Opposite credit page: Cranberries ready for harvesting on the surface of a flooded bog. Photo by Joseph Czarnecki.

Page 6: Pushing or "hogging" floating cranberries towards a conveyor belt for loading into truck bed. Photo by Joseph Czarnecki.

Page 8: (Clockwise from bottom right) Apple Cranberry Strudel, Cranberry Nut Bread, and Cranberry Cake. Photo by Carl Fleischhauer.

Page 16: Antique molds filled with cranberry jelly prepared by Mrs. Alice Tomlinson of Medford, N.J. Photo by Joseph Czarnecki.

Page 20: Cranberry Cake. Photo by Carl Fleischhauer.

Page 22: Farmworkers harvest cranberries by pushing "beaters" through the flooded bogs; dislodged berries float on the surface. Photo by Joseph Czarnecki.

Page 30: Floating cranberries collected or "hogged" together are lifted by conveyor belt into truck bed. Photo by Christine Cartwright.



