

Eat More Alaska Harvested Lowbush Cranberries



Nutrients Found in Lowbush Cranberries

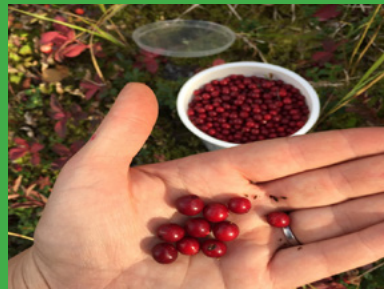
- **Vitamin C** - necessary for the growth, development and repair of all body tissues.
- **Antioxidants** - protect the body from damage caused by harmful molecules called free radicals.
- **Low calorie**- a heart-friendly, fat-free food.

LOWBUSH CRANBERRIES

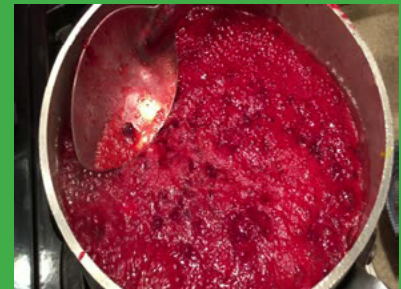
Harvest of the Month Supported By:



Lowbush cranberries are a bushy plant found throughout Alaska, and grow best on the tundra, and beneath birch and spruce trees.



Lowbush cranberries are found on low evergreen shrubs with dark green leaves. They are best when harvested in late fall or after the first frost.



Lowbush cranberries can be consumed raw or added into a culinary dish. They can be frozen or dried, so they last a long time and still taste great.