

# ***SUPERBERRY'S***

## BC Cranberry Facts for Kids



## BC Cranberry History

1. Cranberries are one of British Columbia's native fruits.
2. BC cranberries were traded by the First Nations to the Hudson Bay Company when Fort Langley was built 180 years ago.
3. BC cranberries were valued by the natives for their health benefits. They could be dried and stored over winter.
4. BC cranberries contain lots of vitamin C. They were dried and used by the Hudson's Bay Company to help prevent sailors from developing scurvy on long sea voyages.
5. Jack Bell started the first BC cranberry farm in the Fraser Valley in 1946.

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## Growing Cranberries

1. BC cranberries grow on vines low to the ground.
2. The flower on the cranberry vine looks like the neck of a crane.
3. BC cranberries like to grow in bogs where the soil is a mixture of sand, peat, gravel and clay.
4. Cranberries are a perennial plant and with care can produce berries for many years.
5. New growth for cranberry vines starts in May.
6. Bees are brought in to help pollinate the flowers in BC's cranberry bogs.

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## Harvesting & Shipping BC Cranberries

1. BC cranberries are ripe and are ready to be harvested from September to November.
2. In BC, most cranberries are wet harvested. The fields are flooded and the berries are beaten off by machine. The berries float on top of the water.
3. Floating BC cranberries are corralled in booms and pumped into trucks.
4. If BC cranberries are to be sold fresh, they are dry harvested. The berries are combed off of the vines by a machine. Long ago the berries were combed from the vines by hand.
5. In 2012, B.C. produced 94 million pounds (43 million kg) of cranberries.
6. BC cranberries are produced in the Fraser Valley and on Vancouver Island.
7. There are 80 farm families producing BC cranberries.
8. BC cranberries are shipped to many other countries such as England, Australia, Germany, France, and Mexico.
9. BC cranberries can be bought frozen, fresh, dried, as juice or as a sauce.
10. Cranberries help to keep the heart, teeth, and digestive tract healthy. Many people are now adding cranberry products into their diet.

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### Glossary for BC Cranberry Facts

1. native plant – a plant that has always grown in a place. If a plant is native to B.C., it has always grown here.
2. peat – many layers of plant material trapped in a wet place. The plant material has decomposed (rotted) over thousands of years.
3. boom - a floating skirt that is 14 – 30 centimetres deep. It keeps the floating cranberries altogether.
4. corralled – brought together and held in one place.
5. scurvy – an illness caused by lack of vitamin C.
6. Vitamin C – helps to make skin and blood vessels, repairs teeth and bones and heals wounds.
7. pollen – a yellow powder that bees collect from flowers.
8. pollination - When bees cause some pollen to fall onto parts of the flower, fruit will form.
9. perennial plant - a plant that produces new growth each year.
10. annual plant - a plant that lives for only one year.
11. bog – an area of ground that is wet and spongy, formed by decaying (rotting) plants. These decaying plants form, “peat” over thousands of years.
12. dormant - dormant plants are alive but are not growing.

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## 5 Facts About Cranberries

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1. BC cranberries are good for you.
2. BC cranberries grow on low vines.
3. There are 80 families in British Columbia that grow cranberries.
4. BC cranberries can be picked by machine on dry land or in water.
5. BC cranberries can be used fresh or dried in cooking and baking.

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More fun activities are available on the  
BC Cranberry Marketing Commission website

[www.bccranberries.com](http://www.bccranberries.com)



For other fun activities for kids of all ages scan the QR code to the left of visit <http://www.bccranberries.com/bccmc-kids-area.html>



For an on-line PDF version of Superberry's recipe book scan the QR code to the left or visit <http://www.bccranberries.com/kids-area/SuperberryRecipeBookforKids.pdf>

Part of the BC Cranberry Marketing Commission's Discover BC Cranberries Educational Kit for Teachers and Parents

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