

A Favorite Recipe...

Cranberries freeze well. Fresh cranberries can be frozen for a year or more. Just place the entire retail bag in the freezer. Do not thaw the cranberries before use.

Just wash and pick them over discarding bad berries, if any, and use them as you would use



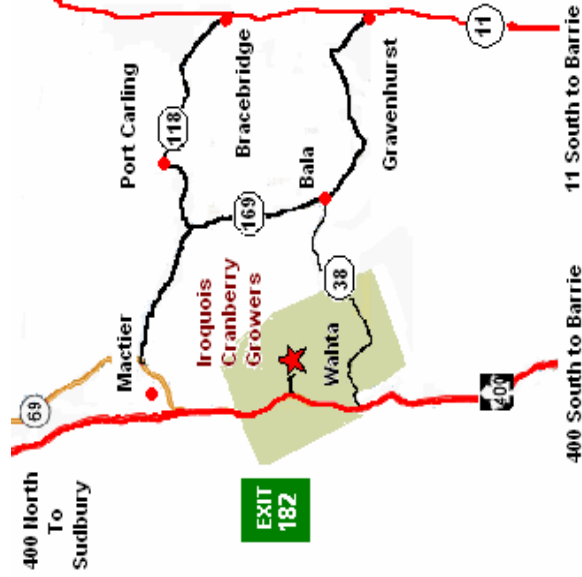
Cranberry Sauce

4 cups cranberries, 1 ½ cups white or brown sugar, 1 ½ cups water or orange juice, 2 tablespoons grated orange or lemon peel. Place all ingredients in a pot. Simmer and stir until sauce thickens. Immediately place in sterilized jars for later use or chill and use within days. You can make cranberry sauce using an artificial sweetener instead of sugar. Make the sauce as you normally would, but add the sweetener to taste after the sauce is completely



Our Location...

Iroquois Cranberry Growers is located in the Muskoka Region of Central Ontario just off Hwy 400 at **Exit 182**, Iroquois Cranberry Growers Drive. Store is located at 2860 Iroquois



Welcome... Iroquois Cranberry Growers

Come Visit Us...

We are open to visitors 7 days a week from June to the end of October 9AM to 4PM and Monday to Friday 10AM to 2PM November to May. The most exciting time to visit is in the fall, when we are harvesting. We welcome individuals and groups. Groups should call ahead to make arrangements for a tour or email us at info@iroquoiscranberries.com.

Contact Us...

Phone 705-762-5725

Fax 705-762-2376

E-mail us at info@iroquoiscranberries.com
on the web at www.iroquoiscranberries.com



Our Products...

Iroquois Cranberry Growers has a number of products available including Pure Juice, a Sauce, Jam, Chutney, Cranberry Syrup and Cran-Maple Syrup and many other products. In October we have fresh cranberries available.



Our Store...

Our store carries all of our products plus other items including crafts, candles, wild rice, and clothing. It is open 7 days a week from July to October and weekdays the rest of the year. If you want more information please check our website or give us a call. We produce gift baskets for all occasions including baskets for corporate giving. Come look at our selection or we can make a custom basket for you.

We will supply orders received by e-mail, fax, or phone. Just give us the details and we will advise about prices and shipping.

Our History...

The Wahta Mohawks came to the Muskoka Region in 1881 from Oka Quebec. We moved because of political and religious strife. With the new found freedom, we also faced a tough life of subsistence farming supplemented by hunting and gathering. Men took jobs in lumber camps and trapped to purchase essentials. Citizens of Wahta began harvesting cranberries from this bog shortly after our move to Muskoka.

In the mid-nineteen sixties the then chief was looking for economic development ideas. The community quickly got behind the idea of growing cranberries commercially. The farm started off with just one-half acre of cranberries.



The Bog

When we started we planted a new hybrid vine from Wisconsin called "Stevens". Today, with over producing 68 acres the farm includes about 20 per-cent of the early maturing native variety called "Ben Lear" and smaller plots of other varieties.

Most people to visit the bog in the fall during the harvest. The vine is a terrestrial plant, but we do flood the fields or beds where the vine grows in order to pick the berries. We pick using two methods. Most of the bog is picked by flooding the beds with about 24 inches of water and knocking the berries off the vine with a water reel picker. We also pick with Getsinger picker that rakes the berries off the vine. The berries are then pumped



Health Benefits...

Evidence from research has told us what we already knew... Cranberry Juice is good for you... The cranberry has long been known by Native North Americans as a medicine. Cranberries are not just a pretty red fruit but a functional food. Cranberries are packed with antioxidants and have other health promoting properties.

Recent Research has indicated an equivalence in benefits between cranberry juice and fresh cranberries, cranberry sauce and dried cranberries.

This protection can be provided by drinking one ten-ounce (300 ml) glass of 27% Cranberry Juice cocktail per day or eating one ounce (28 g) of dried cranberries or ½ cup (125 ml) of sauce or 1 ½ cups (350 ml) of fresh or frozen cranberries.

Iroquois Cranberry Growers Pure Cranberry Juice is just that... *cranberry juice*... Not from concentrate, no water, other fruit juices or sugar added. We just freeze it then squeeze it!

Our juice allows you to control how the juice is mixed. One litre of pure juice makes up to 6 litres of blended juice.

It is widely known that cranberries help prevent urinary tract infection. This is accomplished by preventing bacteria from sticking to the lining of the urinary tract. More recently it has been discovered that the same properties help reduce bacterial adhesion to teeth, thus reducing the formation of dental plaque. Recent studies have also revealed that compounds in cranberries stop certain disease-causing bacteria from sticking to the stomach lining, thus helping to prevent ulcers.