

CRANBERRY FIELDS FOREVER

Get a taste of life on the bog—cranberries just don't get fresher than this. It's time to bring their **sunshiny September tartness** to your table with these original recipes from readers.

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IT'S DAYBREAK AT CUTLER CRANBERRY FARM IN CAMP DOUGLAS, WISCONSIN,

and Lisa Potter is bumping along in her pickup with a container of cranberry muffins next to her to offer the crew at break time. Mist curls over the cranberry beds and a heron flies over the marsh. It's just another morning commute for Lisa, who runs the 730-acre fifth-generation farm with her husband, Martin, and daughter, Jess. Martin's family started the farm in 1923 and joined the Ocean Spray co-op a few decades later. The Potters grow berries that are used for juice, sauce, Craisins and other Ocean Spray products.

Jess stops by with her kids, and Lisa's grandson, Bruce, hops out to scoop a morning snack from the sea of berries. "Bruce is a cranberry guy all the way," Lisa says. "He fills his pockets every chance he gets. Bruce spends a lot of time here. And when Jess and her brother, Jared, were young, they corralled fruit and worked in the fresh fruit warehouse. They both went on the same fourth-grade class trip: to our farm, for harvest. They thought it was quite silly that they had to ride the bus to school just to ride it right back home to the cranberry marsh.

"We told our kids we wanted them to find something they really loved to do. If it was the cranberry business, great. If not—equally great. Jess spent several years working in another field related to cranberries before returning to our farm.

"We have tense moments. We work through them. The last day of harvest is satisfying—we've done the best job we could to grow a healthy crop, and it's time for a post-harvest hurrah!"

Lisa doesn't serve cranberries on celebration day: "It's all about the burgers, brats and beer."



TART SWEET LIFE The Potter family and crew start harvest at 7 a.m., often after an all-nighter on frost watch.



GRANDMA PIETZ'S CRANBERRY CAKE PUDDING

Grandma Pietz's Cranberry Cake Pudding

Grandma made this simple, homey recipe back when she lived on the family farm. It has been handed down through the generations for a reason.

—LISA POTTER CAMP DOUGLAS, WI

PREP: 30 MIN. • **BAKE:** 20 MIN.

MAKES: 15 SERVINGS (2 CUPS SAUCE)

- 3 Tbsp. butter, softened**
- 1 cup sugar**
- 1 large egg**
- 2 cups all-purpose flour**
- 2 tsp. baking powder**
- Dash salt**
- 1 cup 2% milk**
- 2 cups fresh or frozen cranberries (thawed), coarsely chopped**

SAUCE

- 2 cups packed brown sugar**
- 1 cup water**
- ½ cup sugar**
- 3 Tbsp. butter**
- ¼ tsp. vanilla extract**

- 1.** Preheat oven to 350°. Grease a 13x9-in. baking pan.
 - 2.** In a large bowl, beat butter and sugar until crumbly. Beat in egg. In another bowl, whisk flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition. Gently fold in chopped cranberries.
 - 3.** Transfer batter to prepared pan. Bake for 20-25 minutes or until a toothpick inserted in center comes out clean.
 - 4.** For sauce, in a saucepan, combine brown sugar, water, sugar and butter; bring to a boil over medium heat, stirring constantly to dissolve sugar. Cook and stir until sauce is slightly thickened, about 10 minutes. Remove from heat and stir in vanilla. Serve warm sauce with cake.
- PER SERVING** 311 cal., 5 g fat (3 g sat. fat), 26 mg chol., 125 mg sodium, 64 g carb., 1 g fiber, 3 g pro.



CRANBERRY KIDS Lisa Potter's grandchildren, Bruce and Grace, are happy taste testers of the new crop—right out of the berry beds.

MOM & DAUGHTER DUO Lisa Potter (left) and Jess Rezin knee-deep in their work.



**CRANBERRY-
SESAME
SPINACH SALAD**



**BAKED
CRANBERRY
MEATBALLS**

Baked Cranberry Meatballs

Cranberries give these gorgeous color, and sauerkraut with chili sauce adds an irresistible tang our family loves.

—LISA POTTER CAMP DOUGLAS, WI

PREP: 30 MIN. • **BAKE:** 1 HOUR 20 MIN.

MAKES: 4½ DOZEN

- 2 large eggs, lightly beaten
- 1 cup dry bread crumbs
- 1 envelope onion soup mix
- 2 lbs. lean ground beef (90% lean)

SAUCE

- 1 can (14 oz.) whole-berry cranberry sauce
- 1 can (14 oz.) sauerkraut, rinsed and well drained
- 1 bottle (12 oz.) chili sauce

- 1¼ cups water
- 1 cup packed brown sugar

1. Preheat oven to 350°. In a bowl, combine eggs, bread crumbs and soup mix. Add beef; mix lightly. Shape into 1-in. balls. Arrange meatballs in a greased 13x9-in. baking dish.
2. In a large saucepan, combine sauce ingredients; bring just to a boil over medium heat, stirring to blend. Pour over uncooked meatballs.
3. Bake, covered, 1 hour. Uncover; bake 20-30 minutes longer or until meatballs are cooked through and sauce is thickened.

PER MEATBALL WITH SAUCE 72 cal., 2 g fat (1 g sat. fat), 17 mg chol., 225 mg sodium, 11 g carb., trace fiber, 4 g pro.

FAST FIX

Cranberry-Sesame Spinach Salad

I love a good fall salad with dried cranberries and nuts. Just add a homemade sweet-and-sour dressing.

—STEPHANIE SMOLEY ROCHESTER, MN

START TO FINISH: 25 MIN.

MAKES: 2 SERVINGS

- 1 tsp. butter
- 2 Tbsp. slivered almonds
- 2½ cups fresh baby spinach
- 2 Tbsp. dried cranberries

DRESSING

- 2 Tbsp. canola oil
- 1 Tbsp. sugar
- 1 Tbsp. cider vinegar
- 2 tsp. toasted sesame seeds
- ½ tsp. dried minced onion
- ½ tsp. poppy seeds
- ⅛ tsp. salt
- Dash paprika

1. In a small skillet, heat butter over low heat. Add slivered almonds; cook and stir until lightly browned. Remove from heat.

2. In a bowl, combine spinach and cranberries. In a small bowl, whisk dressing ingredients until blended. Pour over salad and toss to coat. Sprinkle with almonds.

PER SERVING 257 cal., 21 g fat (3 g sat. fat), 5 mg chol., 207 mg sodium, 16 g carb., 3 g fiber, 3 g pro.

Cranberry Walnut Pie

I made this Colonial-era pie for cooking demos in a 1755 saltbox house. Adding a lattice top lets you get a look at the pretty red berries peeking out.

—DIANE EVERETT DUNKIRK, NY

PREP: 20 MIN.

BAKE: 50 MIN. + COOLING

MAKES: 8 SERVINGS

- 1 pkg. (12 oz.) fresh or frozen cranberries, thawed
- 1½ cups packed brown sugar
- 1 cup chopped walnuts
- ¼ cup butter, melted
- 4½ tsp. all-purpose flour
- 2 tsp. grated orange peel
- Dash salt
- Pastry for double-crust pie (9 in.)

1. Preheat oven to 375°. Place cranberries in a food processor; cover and process until finely chopped. Transfer to a large bowl; stir in brown sugar, walnuts, melted butter, flour, orange peel and salt.
2. On a lightly floured surface, roll one half of pastry dough to a ⅛-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to ½ in. beyond rim of plate. Add filling.
3. Roll remaining dough to a ⅛-in.-thick circle; cut into ½-in.-wide strips. Arrange over filling in a lattice pattern. Trim and seal strips to edge of bottom pastry; flute edge. Cover edges loosely with foil.
4. Bake 30 minutes. Remove foil; bake 20-25 minutes or until crust is golden brown and filling is bubbly. Cool on a wire rack.

PASTRY FOR DOUBLE-CRUST PIE (9 IN.)

Combine 2½ cups all-purpose flour and ½ tsp. salt; cut in 1 cup cold butter until crumbly. Gradually add ⅓ to ⅔ cup ice water, tossing with a fork until dough holds together. Divide dough in half and shape into disks; wrap in plastic wrap and refrigerate 1 hour.

PER SERVING 672 cal., 38 g fat (19 g sat. fat), 75 mg chol., 391 mg sodium, 79 g carb., 4 g fiber, 7 g pro.



CRANBERRY
WALNUT PIE

✪
Brush a little milk over your lattice and scatter on coarse sugar before baking for a sparkly crunch.



✱
 Make this dish really pop
 with a little Parmesan, goat
 cheese or Gorgonzola on top.

**ROASTED BRUSSELS SPROUTS
 WITH CRANBERRIES & ALMONDS**

Roasted Brussels Sprouts with Cranberries & Almonds

Roasting Brussels sprouts gives them a gentle sweetness that works so well with tart cranberries.

—CLAUDIA LAMASCOLO MELBOURNE, FL

PREP: 10 MIN. • **BAKE:** 30 MIN.

MAKES: 8 SERVINGS

3 lbs. fresh Brussels sprouts,
 trimmed and halved

¼ cup olive oil

¾ tsp. salt

¼ tsp. garlic powder

¼ tsp. pepper

1 cup balsamic vinegar

½ cup sugar

1 cup dried cranberries

½ cup sliced almonds, toasted

1. Preheat oven to 400°. Place Brussels sprouts in a large bowl; toss with oil, salt, garlic powder and pepper. Transfer to a greased 15x10x1-in. baking pan. Roast 30-35 minutes or until tender, stirring occasionally. Transfer to a large bowl.

2. Meanwhile, in a small saucepan, combine vinegar and sugar; bring to a boil, stirring to dissolve sugar. Reduce heat; simmer, uncovered, 15-20 minutes or until syrupy, stirring occasionally.

3. To serve, place hot Brussels sprouts in a serving dish; drizzle with glaze and toss to coat. Sprinkle with cranberries and almonds.

TO TOAST NUTS Spread them in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.

PER SERVING 284 cal., 10 g fat (1 g sat. fat), 0 chol., 260 mg sodium, 48 g carb., 7 g fiber, 6 g pro. ■

