

# Organic Dried Sweetened Cranberries

Country of Origin: Canada

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 1/3 cup (40 g) / par 1/3 tasse (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 2 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 33 g	<b>11 %</b>
Fibre / Fibres 2 g	<b>6 %</b>
Sugars / Sucres 29 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	10 %

## Factoid:

Cranberries are indigenous to North America. The fruit was named "cranberry" by European settlers who called it "crane-berry," thinking the plant's flower resembled the head of a crane.

Cranberries contain phytonutrients that may have anti-inflammatory and antibacterial effects on the body.

## Ingredients:

Organic cranberries, organic sugar and organic sunflower oil.



## Recipe:

# Couscous Salad with Dried Cranberries and Pecans

### Ingredients:

1 C pecans, shelled	2 cucumbers, peeled, seeded and diced
1 1/2 C couscous	1/4 cup fresh basil, shredded
1 C dried cranberries	1 lemon zest
1/2 tsp turmeric	1/3 cup lemon juice
2 C boiling water	3 garlic cloves, minced
1 cup frozen peas, thawed	1/2 tsp salt
3 scallions, thinly sliced	Black pepper, fresh ground
	1/3 cup olive oil

### Instructions:

1. Toast the pecans in a shallow pan in a preheated 350F oven until fragrant, about 7 minutes.
2. Set aside to cool.
3. Place the couscous, cranberries, and turmeric in a large bowl.
4. Pour in the boiling water, stir, then cover the bowl with a large plate or foil.
5. Let sit for 10 minutes.
6. Remove the cover, then fluff the couscous with a fork.
7. Cover again and let sit 5 more minutes.
8. Stir in the pecans, peas, scallions, cucumbers, and basil.
9. Combine the dressing ingredients in a jar with a tight-fitting lid and shake vigorously.
10. Pour over the couscous.



**Farmer:**  
**Fruit d'Or**

**left coast**  
**ORGANICS**

Fruit d'Or is a leading supplier of organic berries, but remembers its small town roots in organic farming. Its founders, Martin Le Moine and Marcel Pilotte, started Canada's first organic cranberry farm in 1993. They helped pioneer organics in Canada by working with ECOCERT and others to build organic certifications. With no market for organic cranberries at the time, they switched their focus to processing. By making a variety of berry products, from dried fruits to juices, they could make organic options more available for the public. Today they work with over 25 growers and specialize in organic cherries, blueberries, and cranberries. As the company grows, they aim to never lose sight of their sustainable principles. They're always reminded of this during weeding season. Although it isn't pleasant to remove weeds manually when it's cold, wet, dark and muddy, it's worth skipping the use of quick-fix chemicals. What started as a small farm has become much more. Fruit d'Or supports their community by participating in more than 100 sporting and cultural events. They've even had their cranberries launched into space with astronaut Chris Hadfield! Fruit d'Or is dedicated to keeping the highest quality and organic standards. With their growth, they hope to continually make organic foods more accessible.

