

*Recipes for
Community School
Wild Organic Cranberries
from New Hampshire's First and Only Certified
Organic Cranberry Bog*

The Community School began harvesting wild cranberries at the Ambrose Bros. Inc. sand pit last fall. Wild organic cranberries were on sale this September at our farmstand. Every fall we hope to have a harvest of both raw and frozen berries.

Every cranberry represents a victory for this community in protecting our watershed and aquifer from pollution. The Ossipee aquifer holds enough clear pure water to serve all of metropolitan Boston—if we keep it clean. But the aquifer is threatened by over development, leaky gas tanks, trash dumps, and municipal sludge. Yes, *the black goo from the bottom of city sewage treatment plants* has to go somewhere. Why not bury it in South Tamworth in the bottom of those ugly old exhausted sand pits?

Municipal recycling experts offer sludge to sand pit owners for free. Rich in nutrients, sludge can grow grass quickly and help sand pit owners reclaim their pits. But sludge also contains heavy metals, pathogens and other nasty things we don't want in our water. And whatever goes onto the pit next door will eventually be pulled up into our well. Water can move in any direction in a sandy aquifer. Things move through the sand at an average rate of 13 feet a year.

So we've been working with Robert Ambrose to find another way to reclaim old sand pits. First, students and teachers lobbied in Tamworth and Sandwich to put moratoriums on the spreading of sludge. Next we went to the sand pit to see what likes to grow on bare sand with no chemicals of any kind, no fertilizer, herbicides or pesticides. We found wild cranberries and other bog plants thriving there happily. Why not encourage them and find a market for them.

Voila! A harvest of ruby red crispy fruit. When you use our cranberries, you are helping to protect our environment deliciously.

Cranberry Base for Ice Cream or Cranberry Ice Cream Topping

6 cups cranberries. Raw or frozen. Wash and sort.
Add to pan with half inch of water. Simmer until berries begin to pop.
Put into food blender and blend, until they are a thick goopy red. Leave a few whole berries.
½ cup sugar or to taste. This is tart.
This makes about one quart, just enough for one batch of Sandwich Creamery ice cream. Add to ice cream recipe as you would strawberries or peaches. Or use as a topping on vanilla ice cream. Refrigerate unless you hot pack or can process for longterm storage.
Tom Merriman has the recipe for the ice cream. Call him at Sandwich Creamery, 284-6675.

Cranberry Wine

David White, a Community School Board member, helps the school pick cranberries during the brief window of opportunity between first frost (which crisps the berries) and heavy frost (which softens them up). David also built several cranberry rakes for us. In return for his help, he takes home two five gallon buckets of berries and uses them to make wine. His first batch in 2003 was excellent. He is working on a slightly drier version this year.

Use cranberries just as you would any other fruit. Makes a lovely rose wine, full bodied, heavy, sweet, a fine aperitif. Use sparingly. Very potent.

Cranberry Rhubarb Pie

This is better than strawberry rhubarb pie. The berries have more body and counteract the runny, watery nature of the rhubarb. And the flavor is spectacular.

Use your favorite pie crust recipe. Seal the bottom crust with the white of an egg. Roll the egg white around in the pan until the whole pie crust is coated. Toss out the white and give that to the dog.

In a cup, dissolve 2-3 tablespoons corn starch with a squirt of lemon. Add the fruit:

4 cups rhubarb

2-3 cups cranberries.

½ to 1 cup sugar sprinkled over the fruit.

Pour on the corn starch.

Put on the top crust. Pinch edges to beautify. Poke a few wholes in the top. Place pie pan on a pizza pan to catch juices. Bake at 350 for one hour or until boiling juice foams out of the pie. Near the end, brush a bit of milk onto the crust to help brown it. Finish baking. Cool and serve.

Cranberry Relish

This is an ideal condiment for serving with heavy dinners during the holidays. It is also a delicious breakfast food eaten on yogurt or cottage cheese.

Use only raw berries that were dry picked. Soft or frozen berries do not work as well.

6 cups or 1 pound berries. Wash and sort. Pick out any leaves or stems.

1 nice juicy orange

1 crispy apple

½ cup cranberry juice, cider, or orange juice.

1 cup sugar

Quarter the orange and apple. Remove seeds. Leave skin on. Toss fruit and juice into food blender. You may have to do in two batches. Grind up so that all fruit is chopped finely but not liquified. Remove to large bowl. Add sugar to taste. Sugar will increase in flavor as the mixture sets. So don't make it too sweet at first. Check it in a couple of hours. Serve as is.

Cranberry Anchovy Pasta Sauce

Robert Ambrose, owner of the cranberry bog, took home his cranberries to Mrs. Ambrose. She has experimented with substituting cranberries for pimentoes and other colorful and piquant highlights of Italian and Sicilian dishes. Bob says her greatest success so far is an anchovy pasta sauce. We have yet to wheedle the secret from Mrs. Ambrose's kitchen. But here is our Community School version of a New York Times Cookbook anchovy pasta sauce.

2 cans of anchovies

8-10 garlic cloves

½ cup olive oil

3-4 TB parsley

½ cup cranberries

½ cup parmesan cheese, grated

Have pot of boiling water and get noodles going. This recipe is brief. So it may be ready before the noodles cook. Save out 5 anchovies for garnish. Chop garlic fine. Cook garlic and anchovies in a saucepan in the olive oil. Cook until garlic is brown and anchovies have fallen to pieces. Add the cranberries, in lieu of pimentoes, tomatoes or peppers. Simmer only one or two minutes, until berries pop. Pour hot sauce over noodles. Sprinkle on cheese and parsley. Garnish with the anchovies.

Cranberry Ketchup

Peg DeLong, Tamworth's jelly master, is currently experimenting with making ketchups of all kind. She is trying to make a ketchup with our cranberries. See Peg for more details, 323-8335

Cranberry Turkey Dressing

6 to 8 cups diced bread

1 onion diced

4-5 garlic cloves diced

2 celery stalks chopped

heaps of parsley, arugula and other herbs

salt and pepper

1 apple, chopped

1 cup of cranberries

1 egg

2 TB baking powder

½ cup hot water

Mix all the dry ingredients in a big bowl. Add baking powder. Then mix in egg and water to stick it together a little. Stuff bird. Bake any leftover stuffing in a brownie pan.

Cranberry Hanging Pots: Bill Stockman, Community School board chairman, and his crew at Spider Web Gardens, Tuftonboro, has grown beautiful hanging pots of cranberry plants. These hold their berries and leaves through the coldest winter and make a lovely patio decoration all winter. Call 569-5056.

The Community School is delighted to talk with you about our cranberry research. Call us at 323-7000. Write us at 1164 Bunker Hill Rd., S. Tamworth, NH 03883. Or email us at bearcamp@ncia.net.