

Cranberries used for more than a Christmas sauce

As holiday preparations become frenzied, I debated over which Christmas plant to write about this week.

Should I remind you that cyclamen and azalea prefer a cool room while poinsettias resent the slightest chill?

I could describe all the new poinsettia varieties and colours — have you seen the new variegated one with green and white foliage?

I might remind you, yet again, that cutting a live evergreen for Christmas is actually an environmentally-sound practice.

It has been grown where other agricultural crops would have failed, it has prevented erosion, cleaned the air, provided homes for animals and will be immediately replaced by the tree farmers, there-

by aiding the economy. After it is your Christmas focal point, its branches become an excellent mulch for your garden.

But no, I've chosen to write about a plant which is more closely associated with the Christmas dinner — namely *Vaccinium Macrocarpon* — the cranberry.

The early settlers discovered this native plant growing from Newfoundland to Manitoba, south to Virginia and west to Minnesota.

It is a mat-forming evergreen shrub of the heath family (Ericaceae) closely related to the blueberry and European lingonberry.

It prefers moist acidic soils and would make a carpet under rhododendrons and azaleas or a good bog plant. Pinkish white flowers on short upright stems become the



Let's Get Growing

Marjorie Mason Hogue

familiar shiny red fruit in autumn.

I planted a cranberry in a damp spot this spring and in October it produced three large shiny fruit.

The settlers used cranberries as food, both fresh and dried. High in Vitamin C, they prevented scurvy and relieved dropsy (the accumulation of fluid in tissues) by promoting urination. They were also taken to cure fevers and diarrhea and used as a poultice for wounds.

Commercial production began

nearly 200 years ago — cranberries were shipped to Europe in the 1800s packed in small kegs filled with water.

Today, they're grown in manmade bogs surrounded by dikes which allows them to be flooded. This provides a mantle of ice during the winter, which believe it or not, protects the plants from extreme cold.

For many years, the cranberry was used only as a sauce or jelly to accompany the Christmas turkey but the last 20 years, has seen the cranberry reach its full potential.

They're cooked in pancakes and waffles, baked in muffins, cakes, pies and cookies and eaten as snacks, in salads and stuffings. The juice is consumed as a breakfast drink in sparkling punches and hot tea.

We have also rediscovered some of their medicinal properties particularly in the prevention of urinary tract infections by ridding the system of E coli bacteria. Between 5 to 20 ounces of cranberry juice daily is considered adequate.

If you don't appreciate the refreshing tangy flavour, it is also available in concentrated form as pills or syrup. The cranberry is yet another example of a plant which is taking our synthetic pharmacies back to nature.

Meanwhile, I think I'd better rush to the grocery store to buy a bag of cranberries to add to my three homegrown ones.

Send your comments or questions to: Let's Get Growing, The Tribune, 24 Toronto Street North, Uxbridge, Ont., L9P 1E6.

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DEAR SANTA
All I want for Christmas is a good looking, romantic, kind, professional, mediterranean gentleman, 46 to 52, non smoker, looking for a long term romance. BOX 12075

GENTLE NATURE
47 yr. old, 5'8", blonde female, non smoker. Likes outdoors, wine, theater, movies, music, etc. Seeks tall, honest male over 50 with sense of humor and gentle nature. No games. BOX 18430

FIT, FIERY AND FUN!!
34 yr old, single mother of one. Enjoys camping, travel and much more. Seeking a single male 38 to 45, who has a good sense of humor and loves children. BOX 16004

YOUNG WOMAN
Young woman, I am looking for an attractive fit man, to be my dance partner, who enjoys sports, movies, walks and just hanging out. BOX 11989

ARE YOU OUT THERE?
27 yr. old very attractive professional female is seeking a sweet, kind, caring, affectionate, passionate, romantic Joey Tribbiani from friends. BOX 20982

SEEKS MATURE MAN
28 yr. old, 5'4" single white female with strawberry blonde hair and hazel eyes, is seeking a mature, employed, honest, respectable male, 28 to 35, considerate. BOX 16011

JOEY TRIBBIANI??
27 yr. old, bright, attractive female is seeking Joey Tribbiani, one who's sweet, kind, caring, affectionate and passionate. BOX 18482

SANTA
I've been good all year. Please bring one charming, romantic, secure and honest young man. Lover of children and animals. I am a 35 plus, present waiting to be opened by the right man. BOX 12069

FUN & HUMOR
Petite, attractive, single mother, 40ish, nonsmoker. Enjoys skiing, the outdoors, skating, ballet, the arts and cooking. Seeking a warm, financially secure male, with a sense of fun and humor. Wants an energetic and honest relationship. BOX 23488

WANTS CHEERFUL MAN
37 yr old, slim built, white single mother of two, with dark hair and blue eyes, easy going, enjoys the theatre, dining out, sports, traveling and more. Seeking an honest, easy going, cheerful male with a sense of humor. BOX 23493

SENSE OF HUMOR?
41 yr. old divorced female enjoys music, films, dancing, pets and children. Seeking a male, 41 to 48, who is honest and considerate with a good sense of humor. BOX 15743

SEEK MR. RIGHT
31 yr old, 5'11" female is seeking white male, 30 to 35. Enjoys dancing, movies, dining out, walks, camping and good company. Children are welcome. BOX 18472

LADY DI LOOK ALIKE
32 yr old, 5'10", 135 lb, very pretty female with small frame, professional and talented with Christian morals. Likes fishing, camping, children, outdoors, singing and more. Seek a handsome male, over 6', with good Christian morals. BOX 16001

WANT TO HANG OUT??
26 yr old shy female is looking for someone to hang out with. Enjoys dancing, playing scrabble, cards, skiing and walking. Give me a call! BOX 15870

SEEK RELATIONSHIP
20-ish, African/Jamaican divorced mother of two is seeking an honest and clean male for friendship first. Enjoys dancing, dining out and more! BOX 18475

WHY ME? WHY NOT!!
Rubenesque 50's lonely lady, plump but not huge, is looking for friendship with unattached gentleman, 55 or older, who enjoys dining out, movies, hugs, laughter, a non smoker preferred with a sense of humor. BOX 23444

POSSIBLY YOU?
57' female with brown hair and green eyes is seeking a kind and honest white male, 28 to 35, with a sense of humor and no dependents. Enjoys reading, sports and the arts. BOX 20964

VERY FUSSY GUY
55 yr old, very tall, financially secure widowed male seeking a female who is also very tall, a non smoker and lives within a reasonable distance of Markham. BOX 20985

QUIET AND SHY
37 yr old, honest, down to earth, affectionate, easy going, single white male BOX 20996

OUTGOING GUY
18 yr old student enjoys many sports. Seeking someone the same age. If you think you might be interested... give me a call! BOX 16018

LOVE TO LAUGH!!!
22 yr old, 6', 190 lb, single male with blonde hair and blue eyes. Enjoys laughter, movies and more. Seeking a single female for friendship and possible long term relationship. BOX 16020

MUSIC IS MY LIFE
26 yr old, 6'2", Irish/Jamaican male seeking a West Indian woman. Love dancing, cooking, music, etc. Want someone 21 to 29, who is independent, good humored and likes having a good time. BOX 20987

I'M ITALIAN, LADIES!
59', 160 lb male seeking an attractive, good humored, honest female, 20 to 30, who likes camping, fishing, shooting, pool, dancing and more. Want someone for a relationship. BOX 20992

THIS IS WHAT I WANT!
Mid 30's male seeking a loving, compassionate, caring woman around the same age. Not into bars, drugs. Want friendship, companionship; possibly more. BOX 23479

NO GAMES WANTED!!!!
38 yr old, 5'9", 160 lb, single, professional male with brown hair and blue eyes. Enjoys music, dining out, travel, walks and more. Seeking a single female for friendship and possibly more. No games please. BOX 20981

WANTS TO BE SERIOUS
23 yr old, 6'1" male, enjoys sports, movies and having a good time. Seeking a female, with similar interests, for possible serious relationship. BOX 16000

ZEST FOR LIFE!!!
50 yr old, 5'9", 160 lb, single male. Enjoys walks in the snow, music and much more. Seeking a single female 35 to 55, for friendship. BOX 20956

YOU'RE THE ONE
33 yr old, 6', divorced male with blonde hair and blue eyes. Enjoys the outdoors, bowling, children and more. Seeking a female for a committed relationship. BOX 16019

FIT & ACTIVE
42 yr old, 5'9", 175 lb, fit, white male with brown hair and brown eyes. Enjoys the outdoors, golf, skiing, quiet times and more. Seeking an honest female with similar interests. BOX 18477

SEARCHING FOR YOU...
Very active, single white male enjoys sports, intellectual pursuits, etc. Seeking a petite, slim, attractive single white female, 32 to 37. BOX 20905

ARE YOU INTERESTED?
18 yr old, 5'11", male with blonde hair. Enjoys skiing, hockey, movies and more. Seeking a female, 18 to 20, with similar interests. BOX 23498

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HOPE YOU ARE THE ONE
35 yr old, 6'1", 205 lbs. Handsome; physically fit single male, considered positive, sincere and full of life with strong morals. Enjoys the beach, jet skiing, and week-ends away. Hoping your a non smoker, 27-37, 5'7", and love children. BOX 18489

EAGER TO PLEASE
38, 5'6", fit, 145 lb male, smoker, social drinker, quiet and honest. Seeking female, under 36, independent; likes working; happy, fit, in need of friend for possible relationship. Enjoy indoor and outdoor activities, music, sports and quality time. BOX 12079

A SURPRISE!
...for my brother! He is 30, 6'2", 170 lbs, a Christian, non smoker and non drinker. Likes hot rod shows, bikes shows, drag racing, drive-ins, dining out and more. Want someone with the same interests. Give him a chance... BOX 18498

COLOR CHANGING EYES
34 yr old, 6', attractive white male with big blue/green eyes, spontaneous and affectionate. Enjoys keeping busy, cuddling, camping, golf, photography and more. Seeking an adventurous, attractive female with a positive attitude who loves to laugh. BOX 16003

ARE YOU THE ONE?
If you are the one, call this good looking Italian professional man, 47. Looking for a caring, honest girl, 22 and up. I like to go to movies, dancing, dining and romantic walks in the moonlight. BOX 12080

STARTING OVER!!!!
44 yr old, 5'10", 175 lb, single father of three daughters. Enjoys the outdoors and more. Seeking a single or divorced female for friendship and possibly more. Children are welcome. BOX 23507

I'M FOR YOU!!!
Single male, who's honest and sincere. Seeking a single female who's looking for an honest male. Hope to hear from you soon. BOX 20925

I'LL MAKE YOU HAPPY!
Single senior male who enjoys life to the fullest. Seeking a single female to make happy. BOX 16021

A GREAT COOK!
20 yr old, 6', 125 lb, mature, romantic male likes cuddling, candlelight dinners, clubs, sports bars, etc. Seeking a female, 18 to 26, who is mature and good humored. BOX 20961

CLASSY, SINGLE
...RETIREE. Seeks financially secure, 5'8", nonsmoking single lady without baggage. BOX 15969

ANSWER MY AD! **
40-ish attractive lady, 5'2", with medium build enjoys reading, dancing and good movies. Looking for a male, 40-ish or younger, attractive, steadily employed, clean, emotionally stable and free of addictions. BOX 18481

SPECIAL LIBRA
48 yr old divorced professional female with high morals, enjoy cuddling with the right person and holding hands. Seeking a professional male who is educated. BOX 20802

CANDLELIGHT FOR 2 **
Mid 50's 5'6", blonde, slim and medium built divorced female, a non smoker is seeking a non smoker, 5'11" plus, fit, well groomed, 50 plus single male for lasting relationship. Enjoy travel, music, dining, golf and much more! BOX 23488

CARING AND HONEST
60 plus, 5'6", 145 lb, honest and caring blonde widow, loves dancing, dining and cooking for two. Seek a male, over 60, with same qualities for lasting relationship. BOX 18488

SINGLE LADY
40-ish employed single female enjoys solitude, dancing, good movies, reading, walks and more. Seek a male, 35 to 50, who enjoys being single, but wants companionship. BOX 23380

SINGLE AGAIN
5'1", slim, Italian female with no children is looking for a white male who enjoys romantic dinners, evenings and dancing for companionship/long term relationship. BOX 15994

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