



CRANBERRIES

As you read through this month's Ingredient of the Month, simply print out a copy of this quiz and answer the questions appropriately to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed online through the ACF Foundation eCulinary Professional Development Institute (<http://www.acfchefs.org/eculinary>). The cost for taking the quiz online is \$15, plus tax (based on your state of residence). Seventy-five-percent accuracy is required to earn one hour of continuing-education credits toward professional certification.

- 1. Cranberries are a group of evergreen dwarf shrubs or _____.**
 - a. Trailing vines
 - b. Low hanging vines
 - c. Underwater vines
 - d. Creeping vines
- 2. Cranberry shrubs and vines are _____.**
 - a. Cut by humans
 - b. Pollinated by bees
 - c. Planted in cold weather
 - d. Picked in hot weather
- 3. The berry itself is initially _____, turning red when ripe.**
 - a. Light pink
 - b. Light yellow
 - c. Light green
 - d. Light red
- 4. Raw cranberries have minimal levels of _____.**
 - a. Vitamin C
 - b. Dietary fiber
 - c. Manganese
 - d. All of the above
- 5. _____ were the first to use cranberries as food.**
 - a. English settlers
 - b. Native Americans
 - c. Pilgrims
 - d. Algonquians
- 6. Cranberries are related to _____.**
 - a. Bilberries
 - b. Blueberries
 - c. Huckleberries
 - d. All of the above
- 7. _____ incorporated the berries into traditional Thanksgiving feasts:**
 - a. Pilgrims at Plymouth Rock
 - b. English settlers in Massachusetts
 - c. Algonquian people
 - d. Native Americans
- 8. Fresh cranberries can be frozen at home, and will keep up to _____.**
 - a. Six months
 - b. Three months
 - c. Nine months
 - d. Twelve months
- 9. Cranberry sauce is a traditional accompaniment to turkey at Christmas dinner in the _____.**
 - a. United States
 - b. United Kingdom
 - c. Canada
 - d. Asia
- 10. American Revolutionary War veteran Henry Hall is credited as first to _____.**
 - a. Harvest cranberries for sale
 - b. Farm cranberries around 1816
 - c. Cultivate seeds for cranberry plants
 - d. Invent cranberry sauce