

Lingonberries, also called “lowbush cranberries,” are used extensively in food products because they are easily preserved and have excellent flavor. Used as a substitution in recipes for commercial cranberries, lingonberries have more flavor and color. Because of their high acid content, all cranberries should be cooked in glass, enamel, or stainless steel cookware.

Nutrition and Health

Lingonberries are an excellent source of antioxidants. Antioxidants are a group of biochemicals shown to be an important part of the human diet partially due to their ability to affect the aging process.

Researchers use the oxygen radical absorption capacity test (ORAC) to measure levels of antioxidants in foods. Lingonberries scored a 203. Any score above 40 is considered very high.

When lingonberries are processed, antioxidant levels change, yet they are still high compared to other fruits.

Alaska lingonberry products provide the following ORAC values:

Selection, Cleaning and Storage

Lingonberries are usually available in the late fall and should be picked preferably after the first frost.

Recipes

Spiced Lingonberry Juice

1 teaspoon whole allspice

2 sticks cinnamon (2 inches long)

12 whole cloves

cup brown sugar, packed

8 cups lingonberry juice

Dash ground nutmeg

Tie allspice, cinnamon, and cloves together loosely in a cheesecloth bag. In a large saucepan combine lingonberry juice, and sugar; heat. Add spice bag;

