

CRANAPPLE CRISP

Contributed by Rosie and Rick

This is very similar to classic apple crumble as we call it in Australia, but the addition of cranberries is quite delicious if you are looking to 'kick it up a notch'!

1 cup flour
1 cup rolled oats
1 cup brown sugar
½ cup butter or margarine
1 tsp cinnamon
½ tsp nutmeg
3 cups chopped apple
1 cup cranberries (I use frozen)
1 tbsp butter

Mix together flour, rolled oats and half the brown sugar in a large bowl. Cut in butter with a knife or pastry blender. Combine cinnamon and nutmeg with remaining sugar in a small bowl. Mix apple and cranberries in a large bowl; stir in the spiced sugar mixture. Mix one-quarter of crumb mix into apple and cranberries. Spread one-quarter of the crumb mixture in the bottom of a well-buttered baking dish or small casserole. Add mixed fruit and dot with butter. Cover with remaining crumbs. Pat down slightly. Bake at 350 degrees for 30 minutes. Serve alone or with maple ice cream.

(from Ross and Willa Mavis [Tides Table-Maritime Cooking from Inn on the Cove](#))



One of only a few native North American fruits, the cranberry was an important staple long before the Pilgrims arrived. Native Americans, who referred to **cranberries** as sassamanash, made cakes prepared with lean, dried strips of meat pounded into paste and mixed with animal fat, grains and **cranberries**. Referred to as Pemmican, these cakes had an excellent keeping quality and were utilized during long journeys. Later used to make dyes and poultices by the Pilgrims, **cranberries** soon become a vital source of vitamin C for whalers and a valuable resource to New England residents.

In 1816, Captain Henry Hall of Dennis (a veteran of the Revolutionary War) noticed that sand blowing gently over his bog and settling on cranberry vines improved their production. Captain Hall began transplanting his cranberry vines, fencing them in, and spreading sand on them himself. When others heard of Hall's technique, it was quickly copied. And through the 19th century, the number of growers increased steadily. This simple act of nature imitated by Captain Hall and generations of cranberry growers has strengthened an industry that celebrates its bounty at harvest. Today, more than 14,400 acres of cranberry bogs nestled among the villages and towns of southeastern Massachusetts are harvested each fall.

Cranberry growing in Ontario began in the 1940's with George Mollard. After spending many years surveying bogs and harvesting peat, he started Ontario's first commercial cranberry farm in MacTier.