Cranberry

Cranberries are a group of evergreen dwarf shrubs in the subgenus oxycoccus of the genus Vaccinium. In Britain cranberry may refers to the native species Vaccinium Oxycoccous, while in North America cranberries may refers to Vaccinium macrocarpon.

Vaccinium marcrocarpon is cultivated throughout the northern United States, Canada, and Chile. Vaccinium oxycoccos is cultivated in central and northern Europe.

Cranberries like humid areas, cooler positions and acidic soil. Cranberries are generally grown in areas with cold climates and in some regions thrive up to 1500m above sea level.

They are good source of various vitamins and antioxidants. Many people consider cranberries to be a super food due to their high nutrients and antioxidant content. In fact, research has linked the nutrients in cranberries to a lower risk of urinary tract infection(UTIs), improved immune function and decreased blood pressure.

Historically, native Americans used cranberries as a treatment for bladder and kidney diseases, while early settler from England used them to treat poor appetite , stomach complaints, blood disorder, and scurvy.

Nowadays, the benefits of cranberries include the following:

1) Managing UTIs

2) Reducing the risk of cardiovascular disease.

3) Slowing cancer progression.

4) Enhancing oral health : thePACs contained in cranberries may benefit oral health, according to researchers at the center for oral biology university in Rochester, New York cranberries may also be beneficial in preventing gum disease.