

# ISLAND GROWN

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## HARVEST <sup>OF</sup> THE MONTH

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– October –

# CRANBERRY

### CRANBERRY TEA

**2 1/2 oz bags of fresh  
or frozen cranberries**

**3 fuji apples**

*(or whatever you  
have on hand)*

**cored & diced**

**2 whole  
cinnamon sticks**

**6 whole cloves**

**4 cups of water**

**Juice of 3 oranges**

**Juice of 1 lemon**

**3 tbl honey**

*Recipe by Robin Forte*

*In a medium stock pot, bring water to a boil. Then add the cranberries, apple pieces, cinnamon sticks and cloves. Cook on medium heat for at least 20 minutes until all cranberries are cracked and gushy. Turn off heat and fish out the cinnamon sticks and cloves.*

*Strain liquid through a mesh strainer or cheese cloth into a container, pressing the juice out of the cranberries and apples with a large spoon. Set the fruit remains aside (you can use this as the base of a cranberry sauce or chutney!) or add it to your compost.*

*Once the liquid has cooled a bit, strain the lemon and orange juice into the cranberry liquid. Add the honey for some sweetness now if serving chilled.*

*You can serve this as hot tea or iced! Just use 1:2 ratio of cranberry liquid to hot water. Sweeten to taste and enjoy!*



*For more information visit*

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