

fredericah

I think some people are getting chokeberries, Aronia, confused with chokecherries, Prunus virginiana, a distantly related plant within the Rosaceae family. Aronia berries don't have cherry pits.

Posted On 08/07/2017

markuzick

The juice of this berry is too acidic by itself, but when added to a sweet juice like grape or apple, it imparts an intense blueberry flavor, far more so than pure blueberry juice itself.

Posted On 08/07/2017

skygazer1

The pits or stones! These are actual cherries and as such have a large central pit. They are only edible raw when dead ripe, but you will have to fight the birds for them! I imagine you can cook them and sieve out the pits. But what I have done in bumper years is spread tarps under and shake the little tree, branch by branch. Then I spread the cherries out, remove debris, and sun dry them with the pits in. When totally dry I grind them up in a grain grinder, pits and all. I know, cherry pits are reputed to contain cyanide and taste like it. But Indians pounded them up and added them to pemmican, I couldn't believe they had strainers for the pits so I did the same. Perhaps the cherries naturally contain what is needed to balance any bad stuff, or drying deactivates it. I ate tons of them and never got sick. The pits add that sought after "bitter almond" flavor. Yum! The raw fruit however can only be eaten in relatively small quantities, not sourness but some sort of astringent mouth puckering effect. Bears come into my yard in bumper years to eat what falls, raccoons climb up and eat them.

Posted On 08/07/2017

cakesjean

The birds are very quick to grab these berries. The content of cyanogenic glycosides is between 0,6 to 1,2mg per 100 grams of fruit and is reduced by heating.

Posted On 08/07/2017

SadieKay

Wonderful article! I grew up eating wild chokecherries before I moved to another province. Now, in the new province, I don't know where these wonderful wild berries can be found. Nature is the biggest absence in my new province, sad to say.

Posted On 08/07/2017

NeEtta

Love this article on the aroniaberry. Thanks for all the wonderful research. We have been trying to get the word out about these amazing berries for over 15 years. NeEtta Gillespie, Superberries

Posted On 08/07/2017

ChrisColes

Should imagine that they will be very similar to British Whortle berries.

Posted On 08/07/2017

cakesjean

A whortleberry is related to the blueberry. The aronia is of the roseacea family (roses), hence the huge pits. The germans call it an "apple berry".

Posted On 08/07/2017

Guillermou

Aronia berries contain the highest levels of anthocyanins and proanthocyanidins compared to many of the other known super fruits. This status comes from its impressive ORAC (Oxygen Radical Absorption Capacity) value. Aronia berries surpass acai berries, blueberries, raspberries, goji berries, blueberries and even more fruits in their ORAC value. akroniavalley.com/.../aronia-science .-----

www.superberries.com/Aronia-Antioxidant-King

www.nutraingredients.com/Article/2008/01/08/Demand-for-superfruit-aron.. -----Aronia melanocarpan is used in many aspects. It has been evaluated in the treatment of many illnesses, including colds and diseases of the stomach, as well as the intestines, gallbladder, and liver.

Since it increases the level of good cholesterol, it has also been used to combat heart disease and cardiovascular problems and has immunomodulatory effects. Studies showed that Aronia has good prevention and adjuvant therapy effects on hyperlipidemia, hypertension, diabetes and inflammation. Chokeberry (poly)phenol-rich supplementation may be effective in sports performance and to improve the redox balance of athletes Aronias are gaining popularity among consumers due to their high amount of (poly)phenols, which are considered crucial for the high level of bioactivity of aronia fruits.

2 Aronias are among the best sources of (poly)phenols, rich in anthocyanins, flavonols, flavanols, proanthocyanidins and phenolic acids. 3 The (poly)phenol content of chokeberry fruit is reported to range between 6.3 g per 100 g dry matter (DM) 4 and 7.8 g per 100 g DM, 5 which is approximately 3 to 8 times greater than that of the red raspberry (*Rubus idaeus*) and 10 times greater than that of the strawberry.

Posted On 03/04/2024

Guillermou

The dark blue color of the chokeberry fruit is due to the high concentration of anthocyanins, which represent approximately 25% of the total (poly)phenol content. 7 Interestingly, it has been reported that almost 40% of the antioxidant activity of aronias is related to proanthocyanidins Due to the high (poly)phenol content of chokeberry, several studies have investigated the effects of supplementation with chokeberry fruits or derivatives on biomarkers associated with sports and exercise performance and recovery, such as inflammatory status, oxidative stress, and body composition. In fact, oxidative stress and inflammation are important factors closely related to muscle catabolism. In fact, chokeberry (poly)phenols have been evaluated for their effect on hematology, iron metabolism, and platelet aggregation in athletes.

Chokeberry supplementation modified antioxidant enzymes. In one study, GPx activity immediately and SOD activity 24 h after an incremental rowing exercise test were lower compared to placebo after 4 weeks. In another study, after 12 weeks of supplementation, catalase increased and GSH decreased immediately and 10 minutes after a physical load test relative to baseline.

pubs.rsc.org/.../d3fo00336a (2023).-- onlinelibrary.wiley.com/.../jhn.13150 (2023).--
www.ephels.net/.../89 (2023).-- www.sciencedirect.com/.../S2213453024000090 (2024).-
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Posted On 03/04/2024

nogmos4me

Fiber is a big fat lie eat them if you want.. fiber is not necessary.. Inuit, breast fed babies, Masai. low to no fiber.. all poop just fine.. the many new and years carnivore people have no fiber,, poop just fine. iBS, Chrons all better for most with Low Residual foods to none.

Posted On 03/05/2024

TruthseekJT

Anyone grow these & have solid variety recommendations? I'll add some to my food forest...

Posted On 03/04/2024

tos8388

I bought and planted a small twig of a bush in the yard a couple years ago. Not sure the variety but it's barely grown possibly not getting enough light? I live in the forest with oak, cedar and pine trees in a 4 season climate, so not sure why it's not doing better. Have added soil ammendments when planted and regular watering during the summer dry months.

Posted On 03/05/2024

andiroadrunner

I planted a 3 foot, bare root 'Viking' Aronia in Zone 6b New England in Spring 2022...It has grown over a foot and already produced a crop of berries. I practice Organic cultivation and amended my soil only slightly with manure and Bone Meal in that spot. It is growing on one side next to Elderberries, which the birds seem to prefer. On the other side is Goji berries , then cranberries, and lastly a Redhaven Peach tree with oregano along perimeter to confuse the pestilence with its' strong scent. I only fertilized once, with Espoma Plant Organic. It is full sun, can be wet, but drains well after the curtain drain we put in. I use the berries in my medicine teas. Hope this helps.

Posted On 03/05/2024

flowercrafter

I have 2 large bushes in full sun. They produce a a massive amount of berries. They are called chokeberries for a reason. They are very tannic and difficult to eat. The best I could do to make them palatable is blend them up and put into ice cube trays to put one frozen cube in a smoothie. The birds won't even eat them. I ordered them from a seed catalog and I think they are pretty easy to find.

Posted On 03/05/2024

mei9282

My favorite jelly since I was a kid.

Posted On 03/04/2024
