

ALL ABOUT CHOKECHERRIES



WHAT ARE CHOKECHERRIES?

Chokecherries are small, dark red to purple fruits that grow on shrubs or small trees. They are part of the rose family.

WHERE DO CHOKECHERRIES GROW?

They grow all across North America, especially in forests, meadows and near rivers.

HEALTH BENEFITS OF CHOKECHERRIES

Chokecherries are great sources of Antioxidants, vitamin C and Magnesium.



Nutrition Facts	
Portion Size	154 g
Amount Per Portion	
Calories	249
% Daily Value *	
Total Fat 2.6g	3 %
Sodium 7.7mg	0 %
Total Carbohydrate 52g	19 %
Dietary Fiber 31g	111 %
Sugar 14g	
Protein 4.7g	9 %
Calcium 92mg	7 %
Iron 1.1mg	6 %
Potassium 584mg	12 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

yum!



delicious!



FUN FACTS

- Chokecherries get their name from their bitter taste.
- Parts of the chokecherry plant are poisonous when eaten raw! The leaves, seeds and stems contain toxic quantities of hydrocyanic acid.
- Native American tribes used chokecherries for food and medicine.
- People make juice, jelly and even wildlife feed from them.
- Birds and bears love them!
- Lewis and Clark called them “wild cherries”. The Mandan Tribe in North Dakota offered them as a symbol of peace.

Sweet

CHOCHECHERRIES IN SOUTH DAKOTA

- In South Dakota Native Americans and settlers used chokecherries for food and medicine. Today, people still make jelly and syrup.
- Wild Chokecherries can be picked along roadsides in SD.
- Lewis and Clark were introduced to the wild chokecherry “wild cherry” on their expedition through NE, SD and ND.
- Chokecherries were combined with dried meat to feed the Native Americans all year.

TRY IT!

- Chokecherry Tea- Made with processed leaves.
- Chokecherry Syrup- a sweet, tart treat for pancakes.
- Chokecherry Jelly- Delicious PB and J option.
- Wojapi- a Native American berry sauce made with chokecherries, blueberries, huckleberries and blackberries.

