

CHOCHECHERRY TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on chokecherries. Here is some information on 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. Chokecherries are known for their bitter taste, which gives them the name “chokecherry.” **Read trivia for the week.**

Where Do Chokecherries Grow?

Chokecherries are found across North America, especially in forests, meadows, and near rivers. Safety Note: Parts of the plant are poisonous when raw—especially the leaves, seeds, and stems (contain hydrocyanic acid). **Read trivia for the week.**

Health Benefits of Chokecherries

Chokecherries are high in antioxidants, vitamin C, and magnesium. They are traditionally used for both food and medicine. **Read trivia for the week.**

Fun Chokecherry Facts

Chokecherries are used by Native American tribes for food, tea, and healing remedies. They are loved by birds and bears! Lewis and Clark referred to them as “wild cherries.” The Mandan Tribe offered chokecherries as a symbol of peace. Historically they were combined with dried meat for long-lasting food supplies. **Read trivia for the week.**

Chokecherries in South Dakota

Chokecherries are commonly found along roadsides and in natural areas. Used by both Native Americans and early settlers. Still popular for making jelly and syrup today. They are part of South Dakota’s cultural and natural heritage. **Read trivia for the week.**



HELPFUL TIPS

- Harvest of the Month is not designed to go in any certain order. Please use as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunch room. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week.
- Trivia question answers can be found on the fact sheets.
- Read the Trivia question with the talking points at the beginning of each week.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

