Aronia; an Introduction

Richard Murphy 03JAN22

Lane Road Orchard - New Sharon, Maine

What is it?

Aronia is the botanical name for “Chokeberry”.

(Choke*cherry* is a different fruit altogether.)

Aronia is native to North America, from Maine to Georgia, and prefers damp soils, but not floods.

It is a very rugged plant that can reach 8’ tall, suckers freely, and has beautiful red-orange leaves in the Fall. It flowers profusely in late May, and many clusters of black berries are ready to pick on Labor Day. Native Americans have eaten these for a thousand years or more.

A typical crop load:

An average berry cluster:

What’s Inside:

(About ½” diameter)

What are they used for?

Aronia is used to make delicious juice, wine, jelly and syrup; very popular in Eastern Europe. The shrub itself is a popular landscape plant.

What do they taste like?

Aronia is very astringent (puckery), tart and fruity. It does contain a good amount of sugar, but this is masked by those above. Cooking them knocks down the ‘pucker’ quite a bit. These are not fun to eat, right off the bush. Birds leave them alone.

Are they good for you?

Lots of medical studies have shown the many Health Benefits of the Aronia berry. I am not qualified to provide medical advice. Therefore, I have provided a brief list of papers that can be read – downloaded for free. These are ‘not for profit’ scientific sources; not salesmen.

Information Links for Aronia:

https://pubmed.ncbi.nlm.nih.gov/20170359/

http://www.ncbi.nlm.nih.gov/pubmed/12580526

https://www.webmd.com/diet/health-benefits-aronia-berries

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8300639/

https://www.sciencedirect.com/science/article/pii/S2772566922000064

Recipes for Aronia Super-Fruit Syrup

Basic kitchen skills are assumed….

1. Jelly (med. flavor) makes 4 (8 oz. jars)

Ingredients:

Aronia Super-fruit Syrup: 16 oz.
Water: 8 oz.
Lemon Juice: 1 TBS
Pectin: 3 TBS
Sugar: 2 ½ cups

Instructions:

Prepare jars & lids as usual.

In a pot, combine Aronia syrup, water, and lemon juice. Bring to a boil.

Stir in pectin; no lumps!

Bring to boil again.

Stir in sugar. Continue stirring.

Rolling Boil for 2 minutes.

Fill Jars as usual.

Water bath process 8 minutes.

2. Jelly (stronger) makes 4 (7.5 oz. jars)

Ingredients:

Aronia Super-fruit Syrup: 16 oz.
Water: 4 oz.
Lemon Juice: 1 TBS
Pectin: 8 tsp.
Sugar: 2 ¼ cups

Instructions:

Same as Jelly # 1.

3. Pancake Syrup (makes about 2 cups**)**

Ingredients:

Aronia Super-fruit Syrup: 8 oz.
Water: 4 oz.
Sugar: 1 ½ cups
Water: 1 TBS
Corn Starch: 1 tsp.

Instructions:

Mix corn starch & 1 TBS water in a small cup.

In a pot, combine Aronia syrup and 4 oz. water.

Bring to boil.

Stir in sugar, bring to low boil while stirring.

Stir in starch / water mix, stir until mixed well, 3 minutes max.

Shut off heat. Done.

Allow to cool before use.

4. Jellied Aronia Sauce makes 2 cups
(Just like Cranberry Sauce, only better)

Ingredients:

Aronia Super-fruit Syrup: 8 oz.
Water: 4 oz.
Pectin: 4 TBS
Sugar: 1 cup

Instructions:

Line a bread pan with foil.

Spray foil with cooking oil. Wipe out excess.

In a pan, heat Syrup and water.

When it starts to boil, stir in pectin. No Lumps!

When it starts to re-boil, stir in sugar.

Rolling boil 2 minutes then shut heat off.

Wait 5 minutes; skim off crud on top.

Pour into bread pan. Fridge 4 hours.

I cut mine into 1" cubes before serving.

5. Aronia Punch (makes 10 oz.)

Ingredients:

Aronia Super-fruit syrup	4 TBS + 1 tsp.
Water	8 oz.
Sugar (optional)	1 tsp.

Instructions:

Mix & chill.

Try with apple juice, too!