

WATAJOX HII WIIRA
August: Corn Popping Moon

HARVEST OF THE MONTH Chokecherries

ABOUT CHOKECHERRIES

- Chokecherries are native to North America and have long been used as food and medicine.
- Chokecherries grow on trees or can be kept in containers as a small shrub. They can be harvested in July or August, and into the fall.
- Chokecherries can be used fresh or dried, can be mashed into pemmican, or can be cooked into jellies and syrups.
- The berries can be a superfood, as they are high in flavonoids, anthocyanins, and other disease-fighting antioxidants.
- Nutrition for 1 cup: 44 calories, 9g carbs, 0g fat, 1g protein

SOMETHING TO REMEMBER

- Chokecherry trees are very adaptable to a variety of conditions and are found throughout the state of Wisconsin.
- They are most ripe when they are a deep purple color.
- The seeds of chokecherries can be toxic if consumed, so be sure to pit the berries before eating.

<https://www.myfitnesspal.com/food/calories/chokecherries-pitted-1243806177>
https://www.nrcs.usda.gov/Internet/FSE_PLANTMATERIALS/publications/kspmcp5596.pdf
<https://www.greatfalls Tribune.com/story/life/food/2014/08/26/chokecherries-tasty-local-treat/14664805/>



CHOKECHERRY SYRUP

Makes 5 (8oz.) jars

Ingredients:

- 4 cups chokecherries
- 4 cups water
- 2-4 cups sweetener
- 1 1/2 T orange juice
- 1 1/2 T lemon juice
- 2 T powdered pectin

Steps:

- Thoroughly wash chokecherries and add to saucepan with water and cover.
- Bring mixture to a boil and then let simmer for 30 minutes, mash halfway through. Pour through strainer. Stir mixture and strain again.
- Pour juice into saucepan and add sweetener. Add lemon and orange juice.
- Sprinkle with pectin and whisk to combine. Bring to boil then simmer over medium heat for ~30 min. Check for desired consistency.
- Pour into jars.



<https://hildaskitchenblog.com/recipe/chokecherry-syrup-using-fresh-chokecherries/>

**For more Information Contact
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Created 5/22 NM
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