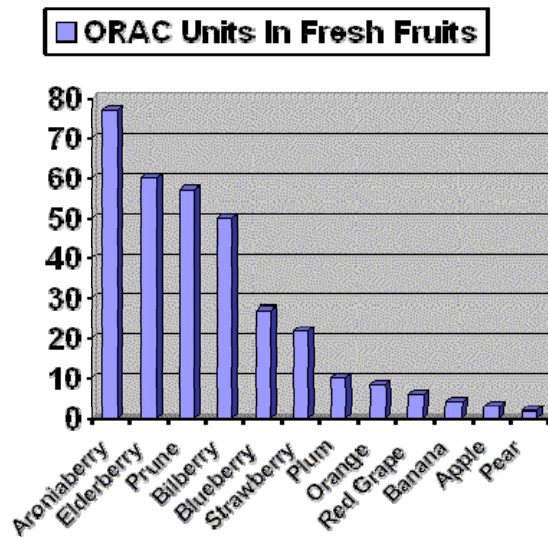


Aronia berry

Aronia berries are becoming popular for their health benefits, having a high antioxidant power that may help reduce risk for cancer, heart disease, inflammation and diabetes. In fact, Aronia berries contain higher levels of antioxidants, polyphenols, and anthocyanins than elderberries, cranberries, blueberries, grapes, and most other fruit. –Iowa State University Extension Service



antioxidant capacity of a food is the Oxygen Radical Absorption Capacity (ORAC)



Tea, Jam, Wine, Juice, Yogurt, Ice Cream, Baking, Syrups

Aronia melanocarpa: Zone 4-9, Native. Prefers moist soils but adaptable. Relatively disease free. Height: 6'. Forms colony. Not sweet as blueberries but great health benefits. Good Spring flowers and Autumn colors.