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3



Cold Hardy Fruit



Jim & Bernis Ingvaldson
The Honeyberry Farm, Bagley, MN
www.honeyberryusa.com



Photos copyright Bernis Ingvaldson unless otherwise noted



What grows in Zone 3?



Despite....

- ◆ Winter temps down to -40F
- ✓ we grow many kinds of fruit



- over 20 different species
- ripening June - October

Late June

Honeyberry!

Mid July



- Member of the honeysuckle family - *Lonicera caerulea* L.
- Looks like a mutated blueberry with waxy coat called “bloom”
- Juicy berry, delicate skin, tiny seeds
- Perennial, deciduous shrub growing to 3-6 feet (2 m) tall

Growing Notes

- USDA zones 1-8
- Grows in most soils
pH 5.5 – 7.5
- Doesn't sucker
- Keep grass away first
couple of years
- Prune oldest branches at
base after 4-5 years



Blossoms
withstand
20F/-7C

- Plant two
varieties for
pollination
- Bumble bees are
best pollinators
- Somewhat deer
resistant
- Not at all bird
resistant!

Over 40 named varieties
at our farm's test plot

Detailed info at:

www.honeyberryusa.com

July

Saskatoon (juneberry)



Amelanchier Alnifolia

Honeywood, Martin, Northline, Smoky,
Thiessen, JB30

- Seedy, meaty flesh
- Firm skin
- Excellent pie
- Jam, toppings, etc.



July

Cherry



Prunus Dwarf Tart cherries

Carmine Jewel, Romeo, Juliet, Evans Bali..

- “pie cherries” good enough to eat fresh too!
- 7-15' tall depending on variety
- Retain green leaves late into fall
- Self-pollinating
- Susceptible to Cherry Fruit Fly & Spotted Wing Drosophila
- Some varieties sucker



Mid July



Black Currant (European)

Ribes nigrum

Ben Connan, Ben Hope

Ben Sarek, Ben Tirran

Chernaya Lisovenko

Consort, Tiben

Titania, Belaruska

Minaj Smyrna, Risager

- Intense, tart flavor
- Musky smell to plant
- Firm, juicy berries



Mid July

Red Currant



Ribes Rubrum

Detvan

Jonkeer von Tets

Perfection Red

Red Lake, Rolan, Roseta,

Rotet, Rovada, Tattran

- Slightly sweeter than Black Currants but still tart
- Jelly (seedy)

Mid July

Pink Currant



Ribes Rubrum

Pink Champagne

Gloire des Sablons

- Sweeter than red currant
- Jelly (seedy)

Mid July



White currant



Ribes Rubrum

Imperial

Primus

White Pearl

White Versailles

- Sweetest currant
- Jelly (seedy)

Mid July

Pixwell

Gooseberry



Invicta



Ribes uva-crispa

Amish Red, Black Velvet*

Captivator

Hinnomaki Red*

Hinnomaki Yellow, Poorman

Invicta, Jahn's Prairie, Jeanne

Pixwell, Tixia

- Various degrees of thorniness
- Tart when green, sweet when ripe
- Thick skin, seedy
- Some best for USDA zone 4*



Invicta

Late July



Black Currant (American)

Ribes odoratum



Golden or Clove Black Currant 'Crandall'

- Native American
- Fragrant blossoms
- Sweeter, smaller berries than *Ribes nigrum* without the musky smell

August

Cranberry



Viburnum opulus
var. americana
American Highbush

- Seedy
- Strong aroma when cooking
- Jelly, syrup

August

Kiwi



Photo by Seth Wannemuehler

fruit.umn.edu/pick-fruit/kiwiberry

Actinidia kolomikta – cold hardy to -35F.

- *Red Beauty* (f), *Arctic Beauty* (m)

Actinidia arguta - cold hardy to -30F
with more interesting flavors

- Anna (f), Meader (m)
- Produced on perennial woody vines
- Smooth-skinned, grape-sized fruit
- Small seeds
- Tropical sweet-tart flavor
- Eaten without peeling
- Need male & female (1:5 ratio)



September

Goji



Lycium barbarum

Goji / Wolfberry

- juicy, mild peppery flavor
- some thorns on trailing stems
- winter dieback with no snow cover and regrows
- very late ripening, may not get many berries in zone 3
- Chinese use leaves in soup
- needs high pH (6.8+)

September

Aronia



Aronia melanocarpa – Viking – firm, astringent berries

September

Elderberry



Sambucus Canadensis

Adams II, Bob Gordon

Ranch, Wyldeewood

- Blossoms good for iced/hot tea/wine
- Very small berries, seedy
- Commercially used as immune booster against flu (Sambucol)
- Suckers

September

Seaberry



*Hippophae
rhamnoides*

Chuskaya/Star of Altai

Russian Orange

Sunny, Mary, Eva

- Need 1 male / 5 female
- Citrusy
- Thorny
- Suckers
- Juice, Gelato



Other Fruits

Apples – Haralson, Yellow
Transparent, Centennial crab

Apricots – Debbie's Gold, Wescott
(Blueberries/Lingonberries – we don't
grow as they need acidic soil)

Chokecherry – native

Grapes – King of the North, Beta,
Othello, La Crosse

Plums – Compass Cherry, Pembina,
Pipestone, Toka

Pears – Ely, Cabot, Patten, Hudar, Ure,
Quebec

Raspberries – local xplants, Addison

Arctic Raspberry - Anna/Beta

Strawberries - Honeoye (Guerney's
Whopper), Larime



A visit to The Honeyberry Farm

YouTube channel: HoneyberryUSA

Northwoods Adventure Honeyberry Farm 2016

Summer's Short
How can we preserve
all this fruit?





Fermentation





Dehydrate



Steamer/Juicer



Can/Preserves

Freeze



More Ideas

Granola



Ice Cream



Fondue



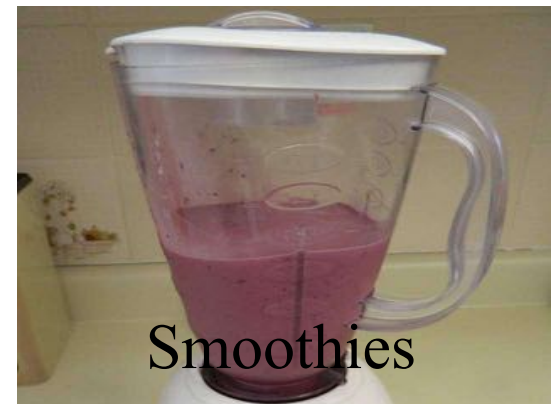
Pie



Sweet Rolls



Dumplings/Crisps



Smoothies



Jam/Syrup

Try some tea!



* Air dry elderberry blossoms and currant/honeyberry/
raspberry leaves and store in airtight container

Special thanks to our Sponsor

And God said, Let **grass** come up on the earth, and **plants** producing **seed**, and fruit-trees giving **fruit**, in which is their **seed**, after their **sort**: and *it was so*.

And **grass** came up on the earth, and every **plant** producing **seed** of its **sort**, and every tree producing **fruit**, in which is its **seed**, of its **sort**: and God saw that *it was good*. (Gen. 1:11, 12)



Visit The Honeyberry Farm at Bagley, MN, or
online at *www.honeyberryusa.com*