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## Cold Hardy Fruit



*Jim & Bernis Ingvaldson*  
The Honeyberry Farm, Bagley, MN  
[www.honeyberryusa.com](http://www.honeyberryusa.com)

Photos copyright Bernis Ingvaldson unless otherwise noted










### Growing Notes

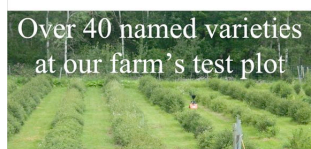
- USDA zones 1-8
- Grows in most soils pH 5.5 – 7.5
- Doesn't sucker
- Keep grass away first couple of years
- Prune oldest branches at base after 4-5 years



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](http://www.honeyberryusa.com)

[harvest video](#)



Despite....

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

### What grows in Zone 3?



- over 20 different species
- ripening June - October



July

## Saskatoon (juneberry)





*Amelanchier Alnifolia*  
Honeywood, Martin, Northline, Smoky, Thiessen, JB30



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




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



July


## Cherry





*Prunus Dwarf Tart cherries*  
*Carminé 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, Belarуска  
Minaj Smyrna, Risager

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



Mid July

## White currant



### *Ribes Rubrum*

Imperial  
Primus  
White Pearl  
White Versailles

- Sweetest currant
- Jelly (seedy)



Mid July

## Red Currant



### *Ribes Rubrum*

Detvan  
Jonkeer von Tets  
Perfection Red  
Red Lake, Rolan, Roseta,  
Rotet, Rovada, Tatran

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



Mid July

## Gooseberry



### *Ribes uva-crispa*

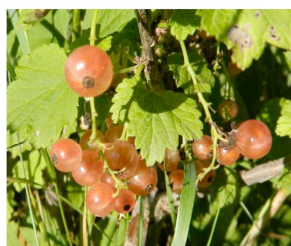
Amish Red, Black Velvet\*  
Captivator  
Hinnomaki Red\*  
Hinnomaki Yellow, Poorman  
Invicta, Jahn's Prairie, Jeanne  
Pixwell, Tixia

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



Mid July

## Pink Currant



### *Ribes Rubrum*

Pink Champaigne  
Gloire des Sablons

- Sweeter than red currant
- Jelly (seedy)

Late July

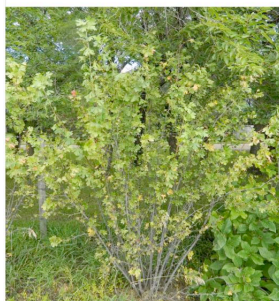
## Black Currant (American)



### *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



September

## Aronia



*Aronia melanocarpa* – Viking – firm, astringent berries



August

## Kiwi



[fruit.umn.edu/pick-fruit/kiwiberry](http://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

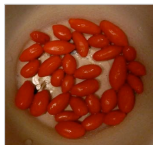
## Elderberry



*Sambucus Canadensis*

Adams II, Bob Gordon  
Ranch, Wyldewood

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



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

## 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

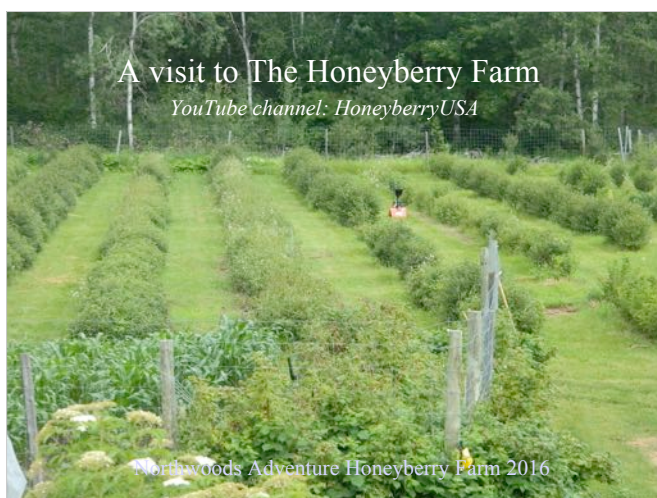
**Raspberries** – local xplants, Addison

**Arctic Raspberry** - Anna/Beta

**Strawberries** - Honeoye (Guernsey's Whopper), Larime



Fermentation



Dehydrate



Steamer/Juicer



Can/Preserves

Freeze



More Ideas



Pie



Sweet Rolls



Jam/Syrup



Granola



Ice Cream



Fondue



Dumplings/Crisps



Smoothies

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](http://www.honeyberryusa.com)