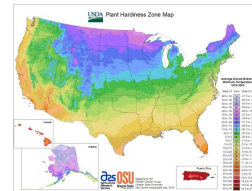




### What grows in Zone 3?

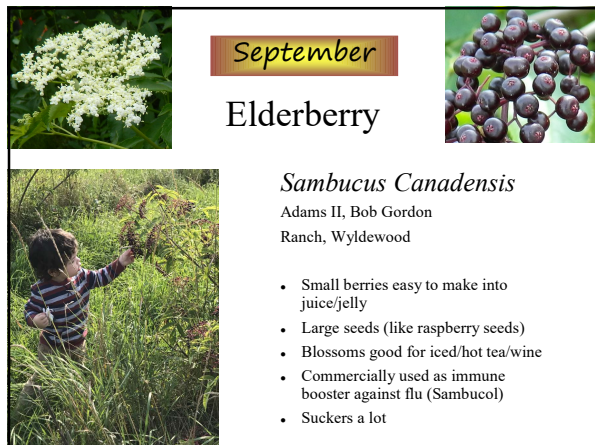


- over 20 different species
- ripening June - October



Despite....

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



Vigorous roots turn a single plant into a thicket after a few years



### rhizome

- In botany, a rhizome (from rhizōō "cause to strike root") is a modified subterranean plant stem that sends out roots and shoots from its nodes. Rhizomes are also called creeping rootstalks or just rootstalks. Rhizomes develop from axillary buds and grow horizontally. The rhizome also retains the ability to allow new shoots to grow upwards. (wikipedia)
- Moral of the story:  
**Don't Plant next to your neighbor's yard!**

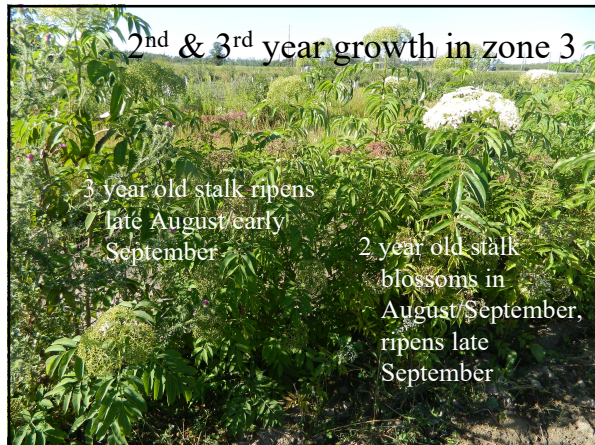


## Easy to grow



- cuttings taken in late winter
- older bare root transplants dug in early spring or late fall

## From hardwood cutting to small bush the first year



3 year old stalk ripens  
late August/early  
September

2 year old stalk  
blossoms in  
August/September,  
ripens late  
September



## Cymes & Umbrels

- Cyme pronounced 'saim'
- from Greek *kuma* 'anything swollen'
- Refers to cluster of blossoms or berries



- Umbrel (British) think "Umbrella!"







Some people get a little possessive of their berries





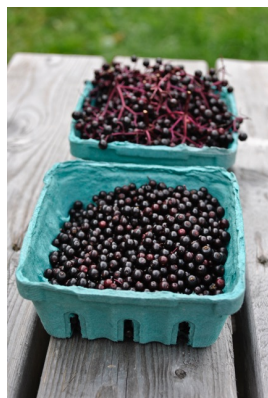
Harvest cymes by breaking off  
with hands or snip with scissors



Pick into bucket, or large  
paper or plastic bags



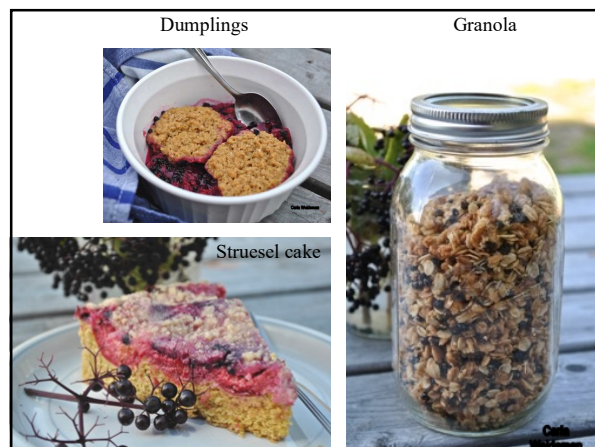
Off  
to  
market



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







Health Benefits	Precautions
<ul style="list-style-type: none"> <li>• Antioxidant</li> <li>• Lowers Cholesterol</li> <li>• Improves Vision</li> <li>• Boots Immune System</li> <li>• Improves Heart Health</li> <li>• Fights Bacterial and Viral Infections</li> </ul>	<ol style="list-style-type: none"> <li>1. Consuming raw elderberries causes extreme GI distress in many people. Try a few berries raw before overindulging.</li> <li>2. Pregnant/nursing women should avoid as well as anyone with serious medical conditions.</li> </ol>

**Try some tea!**

**Hot tea:** add 1 tsp dried blossoms to hot water, add honey to taste

**Iced Tea**

Add several clusters of fresh elderberry blossoms to loosely fill 1/3 of a gallon container

Or 1/3 c dried elderberry blossoms

- 1 c evaporated cane sugar
- 1 gallon water
- Place ingredients in a glass jar and let sit for 4-12 hours
- Drink cold and enjoy!



## Make your own tonic



Compared to: Sambucol Black Elderberry Syrup, 7.8 fl oz \$19.71 at Walmart

**Active Ingredients:** 2 Teaspoons (10 ml); Calories 30; Total Carbohydrate 8 g; Sugars 8 g; Elderberry Extract (Berry) 3.8 g; Glucose Syrup; Purified Water; Citric Acid; Potassium Sorbate

**Directions:** For daily maintenance: Adults and children over 4 years: Take 2 teaspoons daily. For intensive use: Adults and children over 4 years: Take 2 tablespoon 4x daily.

## Elderberry Elixir

*For use as a concentrate for drinks or syrup for pancakes, or by the spoonful for medicinal purposes*

### Ingredients

- 1 cup fresh or frozen ( $\frac{1}{2}$  c dried) elderberries
- 3 cups of water
- 1 tbsp fresh or dried ginger root (or powder)
- 1 cinnamon stick (or 1 tsp cinnamon powder)
- $\frac{1}{2}$  tsp cloves or clove powder
- $\frac{1}{2}$  cup raw honey (\* not for infants under 12 months)

### Instructions

1. Pour water into a medium saucepan and add elderberries, ginger, cinnamon and cloves.
2. Bring to a boil and reduce to a simmer until the liquid reduces to almost half (about 30 minutes).
3. Remove from heat. Mash berries to release juice and let cool for 15 minutes. Pour through a strainer into a glass jar or bowl.
4. Discard the elderberries (feed to chickens or compost) and let the liquid cool to lukewarm.
5. Add 1 cup of honey and stir well. (Note: honey is added after the mixture has cooled to keep raw enzymes intact).
6. Pour mixture into glass jars to be stored in the fridge for up to three months.

### Prevention (can be taken daily)

1. Kids (13 months-12 years old): 1/2 to 1 teaspoon
2. Adults: 1/2 to 1 Tablespoon

**Recovery** Take the normal dose every 2-3 hours until symptoms disappear.



## 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)

## 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

**Kiwi** – Red Beauty (f), Arctic B. (m)

**Plums** - Compass Cherry, Pembina, Pipestone, Toka

**Pears** - Ely, Cabot, Patten, Hudar, Ure, Quebec

**Raspberries** – Addison (Primocane trial), & Pequot Lakes Blackberry

**Arctic Raspberry** - Anna/Beta

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

