

MONTANA ARONIA BERRIES



Aronia berries, also known as black chokeberries, are a shrub that produce dark purple berries in the fall. They are high in antioxidants and have many potential health benefits.

UNIQUE FLAVOR PROFILE

Aronia are tart and astringent when fresh, and mellows when cooked or sweetened.

LOCAL SUPERFOOD

- Aronia berries are renowned for their high antioxidant content (anthocyanins and flavonoids), nearly three times that of blueberries, which helps combat free radicals and support a healthy immune system.
- Their high levels of antioxidants give the berry an astringent flavor when eaten fresh, hence the name chokeberry, but they are much more palatable when used in processed foods and beverages.
- They are also an excellent source of fiber, vitamins A, C, and E, as well as essential minerals like potassium and manganese.

GREAT IN FOOD, BEVERAGES, SUPPLEMENTS

Whether you're looking to add a tangy twist to your smoothies, create mouthwatering jams and jellies, bake delectable desserts, or introduce a special ingredient in fruit wine, aronia berries are the perfect addition to many recipes. Their astringent flavor profile adds depth and complexity to a wide range of culinary creations. They pair well with sweet, complementary ingredients like other berries, citrus fruits, and spices. They also work surprisingly well in

both savory and sweet dishes, especially when processed into jams, sauces, or baked goods.

VERSATILE INGREDIENT FOR PAIRING

Aronia berries pair well with:

- Mixed berry juices, jams, syrups.
- Desserts and baked goods.
- Citrus, lemon, lime, and orange.
- Natural sweeteners, like honey or maple syrup.
- Apples or pears, cider, and fruit wine.
- Warm spices, cinnamon, nutmeg, ginger.
- Also: dark chocolate, cheeses, balsamic vinegar.

HARVEST TIME LATE SEPT TO MID-OCT

Fresh aronia berries are picked in late September and early October, give or take a few weeks.

AVAILABLE YEAR ROUND

Whether fresh or frozen, Montana berry growers have supplies available until we sell out.

WHY BUY MONTANA BERRIES?

- Best berries around. Montana soils and climate help produce premium quality berries.
- Wonderful taste and health benefits.
- You directly support local growers. Our members run family-owned businesses and greatly appreciate you.
- You help create jobs and Montana grows stronger. Our whole community benefits.

**Buy Our Montana-Grown
Aronia Berries and Berry Products**



FIND YOUR LOCAL BERRY GROWERS AT:
montanaberries.org

Instagram: [instagram.com/mtberrygrowers](https://www.instagram.com/mtberrygrowers)

Facebook: [facebook.com/mtberrygrowersassociation](https://www.facebook.com/mtberrygrowersassociation)