

MONTANA HONEYBERRIES or HASKAPS



Montana growers are excited about these berries, with good reasons, and want to share them with you. Honeyberries or haskaps offer exceptionally high antioxidant content, particularly a large amount of anthocyanins — even more than blueberries — giving them a deep blue color and a sweet-tart taste often described as a blend of raspberry and blueberry. Their tiny soft seeds are easily eaten with the fruit.

HISTORY

Honeyberries grow so well in Montana soils that MSU studies it as a crop of great local economic potential. Their remarkable cold hardiness allows them to thrive in harsh climates. They are better known in countries like Poland, Siberia, Japan, and Canada. They have an early fruiting season and a high yield potential. Improved varieties make us eager to grow and share them.

UNIQUE FLAVOR PROFILE

Honeyberries are tart and sweet, generally considered a cross between blueberries and raspberries, with some perceiving notes of other fruits like elderberry, pomegranate, and plum.

LOCAL SUPERFOOD

- Honeyberries contain significantly more antioxidants than most other fruits, including blueberries, due to their high levels of anthocyanins, polyphenols, and bioflavonoids.
- The primary anthocyanin in haskaps is called cyanidin-3-glucoside (C3G), which is considered to have potent health benefits such as increasing a chemical called nitric oxide, which can lead to

dilation of blood vessels, increased oxygen and nutrient delivery.

- A recent Northumbria University study found that honeyberries can improve athletic performance and recovery rates.
- They are a good source of dietary fiber.

GREAT IN FOOD, BEVERAGES, SUPPLEMENTS

They can be eaten raw, used in baked goods, in smoothies, or made into jams and sauces.

- Juice, smoothies, lemonade, kombucha, cider.
- Haskap wine? Tasty, and becoming sought out.
- Baked goods: pies, tarts, crumbles, muffins, brownies; a great substitute for huckleberries.
- Jams, syrups, sauces, glazes for meat and fish.

VERSATILE INGREDIENT FOR PAIRING

They pair well with both sweet and savory dishes.

- Dairy: jam/cheese on bread, ice cream shakes
- Other fruit: especially blueberries, raspberries, blackberries, citrus, apples, and even kiwis.

HARVEST TIME LATE JUNE TO LATE AUG

Fresh Montana honeyberries/haskaps are one of our earlier berries, picked in late June to late August, give or take a few weeks.

AVAILABLE YEAR ROUND

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

**Buy Our Montana-Grown
Honeyberries / Haskaps**



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)