

Harvest of the Month

ARONIA BERRIES

FUN FACT -

There are two main species of aronia berries: black and red. Black aronia berries are commonly grown for consumption in Nebraska and bear larger fruit than red.

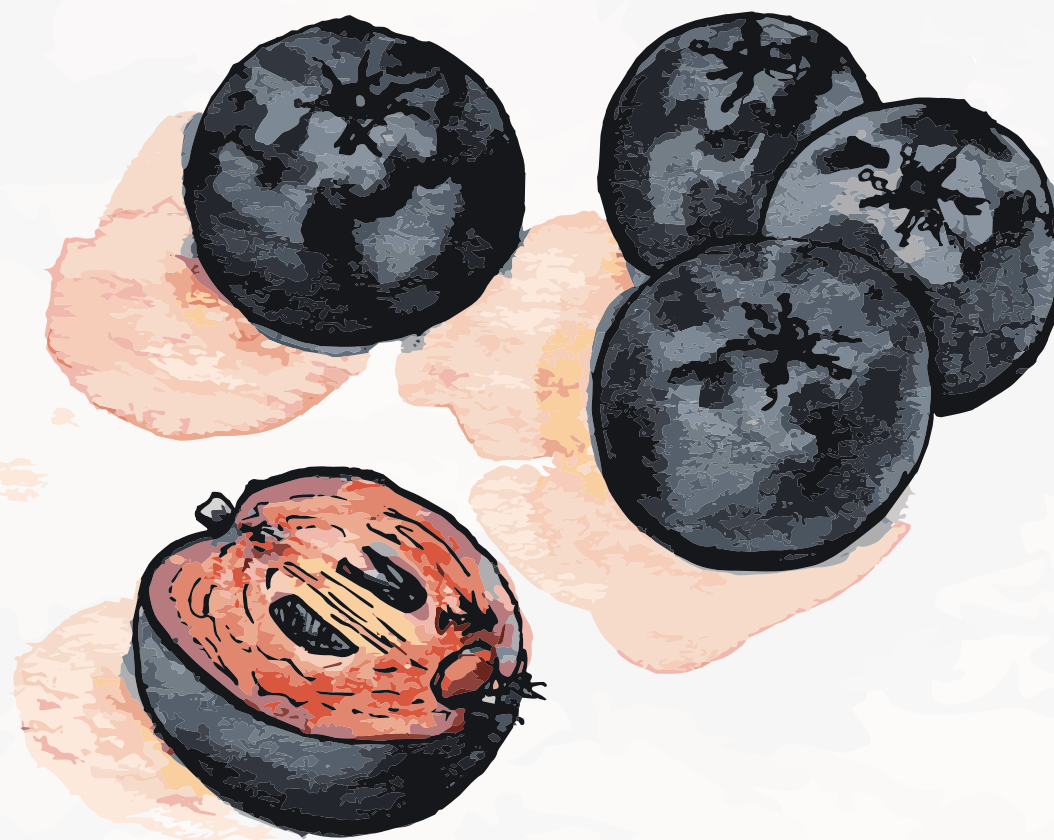


BLACK ARONIA BERRIES

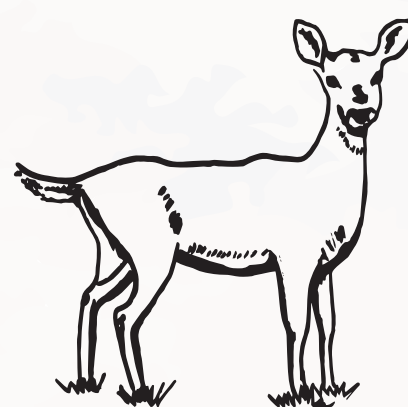


DID YOU KNOW -

Aronia berries are also known as chokeberries because they are very astringent, which means they create a drying sensation in your mouth and throat.



Farm to School
NEBRASKA



FOOD FOR ALL -

Even animals like aronia berries! Deer and rabbits will browse the woody stock of the plant while ruffed grouse, sharp-tailed grouse and prairie chickens enjoy eating the berries.