

MN 2000 FSHE 27

UNIVERSITY OF MINNESOTA DOCUMENTS
MAR 31 1976
ST. PAUL CAMPUS LIBRARIES

C.1

CONSUMER INFORMATION

HOME ECONOMICS—FAMILY LIVING NO. 27—1976
GRACE BRILL AND SHERYL NEFSTEAD*

Selecting
Minnesota Wild Fruits

Wild fruits, found in many areas of Minnesota, may be used in food products including jam, jelly, syrup, and sauce.

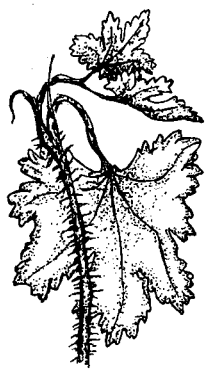
When picking wild fruits, use reliable publications to insure correct identification of the species you plan to use.



Blueberry



Raspberry



Gooseberry



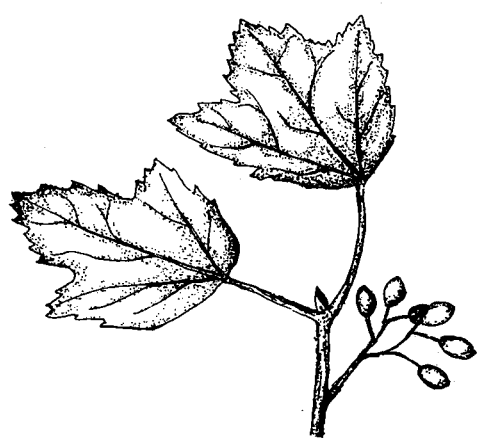
Juneberry

Blueberry (*Vaccinium angustifolium*)—This is a low bush growing from 1/2 to 2 feet high. Found in sandy, dry, soil in open woods and clearings. The round, dark blue berries ripen in July and August. Uses include sauce, jam, jelly, and syrup.

Raspberry (*Rubus* sp.)—This is a low arching shrub from 1 to 7 feet high. Found in thickets, clearings, borders of woods, and along roadsides throughout Minnesota. The red, thimble-shaped berries ripen in July. Uses include jam, jelly, sauce, and syrup.

Gooseberry (*Ribes* sp.)—This is a low prickly stemmed shrub growing from 2 to 5 feet high. Found in swamps and on upland hills. The fruit is round, prickly, greenish-white to red-purple and ripens in late July and August. Uses include sauce, jam, and jelly.

Juneberry (*Amelanchier*)—Commonly known as Serviceberry or Saskatoon. This is a small tree or shrub growing from 6 to 20 feet high, occurring on the edges of woods, moist ravines, and in valleys. The fruit, which ripens in late June and July, is round, dark-blue to purplish-black. Uses include jam, jelly, and sauce.



Highbush Cranberry (*Viburnum trilobum*)—This is a shrub growing from 3 to 10 feet high. Found in cool woods, thickets, and swampy, moist areas. The round to oblong, yellow to dark red berries containing one flat seed ripen in September. Uses include sauce and jelly.



Wild Rose (*Rosa* sp.)—This is a low shrub growing from 1 to 3 feet high with greenish, reddish or reddish-brown stems—with or without bristles. Found on prairies and edges of woods throughout Minnesota. Rosehips is a term used to describe the fleshy ripened receptacle of a rose. Among the species found in Minnesota, the scarlet hip is round to somewhat flattened, ripening in September and October. Uses include jam, syrup, and jelly.

* Isabel Wolf, extension specialist, Food, and Nutrition, is the on-campus contact for further information on this subject as Grace Brill has retired and Sheryl Nefstead is county extension agent, Waseca County.



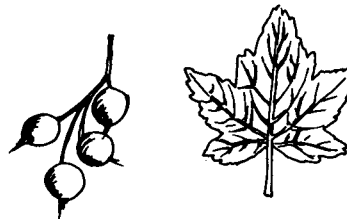
Chokecherry (*Prunus virginiana*)¹—This is a tall shrub or small tree growing up to 30 feet high with gray-brown bark. Found throughout Minnesota primarily along roadsides, edges of woods and upland areas. The fruit is a round, dark-purple berry, which ripens in July and August. Uses include jelly and syrup. Chokecherry seeds have a cyanide containing compound which can cause illness or death if eaten in large enough amounts. Do not eat raw chokecherries. When extracting juice for jelly or syrup, the seeds should not be ground. Do not make chokecherry jam.



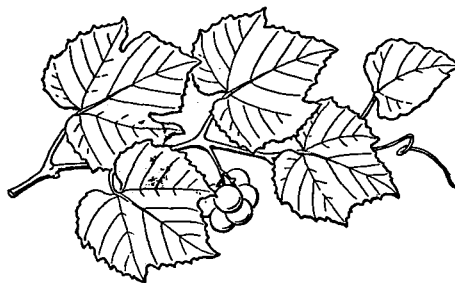
Sandcherry (*Prunus sp.*)¹—This is a small, bushy shrub, growing from 1 to 5 feet high. Found on sandy, rocky situations throughout Minnesota. The fruit is a round, somewhat oblong purple-black berry, which ripens in July and August. Uses include jam, jelly, and sauce.



Wild Plum (*Prunus Americana*)—This is a shrub or small tree growing from 3 to 20 feet high. Found in thickets, along roadsides, pastures, riverbanks, and old farmsteads. The fruit is round, red or yellow, ½ inch to 1 inch in diameter and ripens in August and September. Uses include sauce, jam, jelly, and preserves.



Currant (*Ribes sp.*)—This is a low shrub, 2 to 5 feet high with smooth stems except for the swamp black currant. Found in swamps, cool woods, and thickets. The fruit is round, smooth, ranging in color from pink to dark red and ripens in late June and July. Uses include jelly and jam.



Wild Grape (*Vitis riparia*)—This is a vine which climbs high into trees with tendrils that wind around twigs. Found along streams or in damp, cool woods. The fruit is a cluster of round, dark blue berries which ripen in September and October. Uses include juice, jelly, and syrup.



Pincherry (*Prunus pennsylvanica*)¹—This is a tall shrub or a small tree growing from 30 to 40 feet high with light reddish brown bark which is aromatic and bitter. Found in burned over regions or wooded areas. The berry is round, bright red, has sour, thin flesh, and contains a single seed or pit. It ripens in July and August. Uses include jelly.

Other Identification Publications:

- Using Wayside Plants, Nelson-Coon
- Stalking the Wild Asparagus, Ewell Gibbons
- For directions on using wild fruits, obtain a copy of Using Minnesota's Wild Fruits, Food Science and Nutrition Fact Sheet No. 25, University of Minnesota, Agricultural Extension Service

¹When using chokecherries, sandcherries, or pincherries, do not crush the seeds. Their seeds contain cyanide derivatives and are potentially dangerous. It is possible to extract juice from these fruits without crushing seeds. For directions, see FSN Fact Sheet No. 25, Using Minnesota's Wild Fruits.

The authors wish to express their appreciation to Bruce Fuller, Leonard Hertz, Jane McKinnon, and Marvin Smith for their assistance with the publication. Mention, by title, of publications is solely for the readers' convenience and does not imply endorsement, nor does failure to mention a title imply criticism by the Minnesota Agricultural Extension Service.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Roland H. Abraham, Director of Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55108. We offer our programs and facilities to all persons without regard to race, creed, color, sex, age, or national origin.