



A is for Aronia: A Guide for Black Chokeberry Edibles and Sundries

Cheryl Saker

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Aronia Berries - What do you do with them? That's the question first-time tasters of Aronia berries (black chokeberry) ask most often. If Aronia berries are new to you or you are a long time aficionado this book is a unique guide to the many uses of this nutritious fruit. Included in this guide are the following: •Recipes for a variety of food uses from breakfast to snacks •Treats to make for your pets •Methods to preserve the Aronia berries including freezing, juicing and dehydrating •Products to make for skin care •Use of Aronia as a fabric dye The author has combined her expertise in food and nutrition education with her background as a manager of an Aronia crop to develop a multitude of uses for the berry. Extensive research and recipe testing created some distinctive ways to incorporate the Aronia berry into a variety of uses.

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