



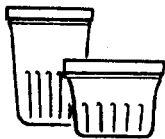
Using Native North Dakota FRUITS

NATIVE FRUITS are more abundant in North Dakota than most people realize, even though they are not so abundant as in some states. Because of the scarcity of cultivated fruit these native fruits should be recognized and utilized to the fullest extent when they are found. Many of them respond remarkably when planted in the garden and cultivated; others have great value as low growing shrubs in a shelterbelt.

The fruits found to be most useful in jelly making are buffalo berries, chokecherries, pincherries, gooseberries, wild currants, wild grapes, high-bush cranberries, red haws, sand cherries and wild plums. Some of these fruits have too little acid to produce well flavored jelly and the addition of lemon juice is helpful. Dry tartaric or citric acid may be used in place of the lemon juice. Others may be low in the jellying constituent, pectin, and are better combined with tart apples. They then make delightfully flavored preserves and jams. Commercial pectin preparations may also be used if desired.

A satisfactory jam may be made out of a great variety of these fruits if there is enough pulp. Large seeds, and skin of larger fruits, are removed by mashing the fruit through a colander. For some of the smaller, thick skinned berries such as Juneberries the raw fruit may be put through a food chopper to produce a pulp-like consistency.

Because of the toughness of skins, size of seeds and intense flavor, not many of the native fruits are adaptable to canning for sauce. Gooseberries, Juneberries, plums, raspberries, strawberries and sand cherries are the more desirable.



NDSU LIBRARIES

N D A C *Extension Service, Fargo*



CHOKECHERRY
(*Prunus virginiana*)

PINCHERRY OR WILD RED CHERRY
(*Prunus pennsylvanica*)

WESTERN
(*Prun*)

CHOKECHERRY

A shrub or small tree up to 30 feet in height, found in all parts of North Dakota. Fruit is round, dark purple, borne in racemes which are leafy at the base. Yellow fruited and red fruited plants are occasionally seen. The chokecherry varies much in plant size and in fruit size and quality.

The fruit, ready for harvest after the middle of July, should only be partly ripe to make perfect jelly. The flavor is very "puckery" but the pectin content is high. The best flavors are produced by mixing chokecherry juice and apple juice in equal proportions.

In making jelly use equal weights of fruit and water. Boil gently until the fruit is pulpy, then strain through a canton flannel jelly bag over night. Measure and add apple juice in equal amounts. Add $\frac{3}{4}$ cup sugar for each cup fruit juice and boil until jelly test is given.

PINCHERRY OR WILD RED CHERRY

This is a shrub or small tree growing to 15 feet in height in North Dakota. Found in the wooded areas of the east and northeast parts of the state. Fruit is bright red, round. Smaller than the chokecherry with no pucker but much more acid. While most trees are rather sparing in their production of fruit, selected strains are heavy bearers. The fruit makes an exceptionally fine bright red jelly. New trees may be raised from seed; they rarely produce suckers.

WESTERN SAND CHERRY

Found commonly in the western North Dakota. A shrub 1 to 5 feet in height with slender spreading branches. Flowers are white. Fruit round, $\frac{1}{2}$ to 1 inch in diameter, purple black in color, rarely yellow, sweet, somewhat astringent. Selected plants are worth cultivating as a fruit for pie or preserving, especially in the sandy part of the Great Plains area where moisture is deficient and fruit scarce. It hybridizes readily with plums of various species and produces fertile hybrids with *Prunus tomentosa* and ordinary cherries.

Sand cherries are ready for use in early July. Their pectin content is low, but the flavor of selected fruits is very good, so they make good jam and jelly when combined with apple or rhubarb juice. They are also useful as a sauce and as pie fruit.

JAM

Cook sand cherries with just enough water to keep the fruit from sticking until soft and pulpy. Press through a sieve and measure. Add an equal quantity of sugar and cook gently until thickened.

JELLY

Cut fruit in half and add half its weight of water. Cook until pulpy and drain through a canton flannel jelly bag over night. Measure and add 1 cup tart apple juice for every 2 cups of cherry juice. Use $\frac{3}{4}$ cup sugar to each cup of mixed juice and cook to about 216 degrees F. This makes a good red jelly.



BERRY
(i)

JUNEBERRY
(*Amelanchier alnifolia*)

BUFFALO BERRY OR BULL BERRY
(*Shepherdia argentea*)

JUNEBERRY

Also called Saskatoon and blueberry. Widely distributed over the state on north hillsides and in open woods. A shrub sometimes reaching 10 feet in height. Leaves broad, oval. Fruit usually purplish black, rarely white. Bloom is conspicuous. Has attractive appearance and desirable flavor. It is much used for dessert, pie and preserving; a prairie substitute for the huckleberry. Also is useful as an ornamental shrub due to its attractive flowers, leaves and fruits. Is a worthwhile native fruit to transplant to the fruit garden. In transplanting, cut the tops back almost to the ground, as the old stems rarely do well.

Juneberries are ready for use in early July. They do not make jelly but may be canned with or without sirup for use in pies or made into fruit jams, or sauce. They are very mild in flavor and have a heavy outside skin.

CANNING JUNEBSERIES

Wash the fruit, place in jars and cover with medium sirup (1 cup sugar to 2 cups water) to within $\frac{1}{2}$ inch of the top of jar and process for 25 minutes. Remove and seal.

If Juneberries are blanched 5 minutes in the sirup before canning they will remain more plump, pack tighter, and will not rise to the top of the container as readily.

The tartness of rhubarb makes a pleasing addition to the mild flavor of Juneberries. Three-fourths inch lengths of rhubarb added in alternate layers in packing berries for sauce give a nice variation in flavor.

JAM

Wash berries and put them through a coarse food chopper. Measure out 4 cups and add enough water to just cover the pulp. Boil gently until the fruit is tender and pulpy. Add the juice of 2 lemons, 2 oranges cut in very small pieces, the grated rind of the oranges and 3 cups of sugar. Boil gently for 20 minutes. Add 1 cup nuts the last part of the cooking time, if desired.

BUFFALO BERRY OR BULL BERRY

Particularly abundant in western North Dakota. Found in coulees and on hillsides. Common in the Badlands. A shrub, sometimes reaching 15 feet in height. Usually thorny. Leaves are netted veined, oblong shape, silvery on both sides. Buffalo berries were dried and stored by the Indians as food. In cultivation at Fargo it is a regular and heavy fruiter. It is the first shrub to bloom in the spring. The flowers appear to contain much nectar and are very attractive to bees. Most years the plants bloom before what would be termed the last killing frost for other plants. Nevertheless, because of their great frost hardiness, they seldom show any killing.

These tiny coral red berries are ripe and ready for use as jelly the latter part of July. The berries are hard to pick at this time and there may be leaves and soil to remove by several thorough washings before the fruit is ready for use. Keep the shriveled berries but discard as many stems as possible. Cover the fruit with water, allowing 3 cups ($1\frac{1}{2}$ pounds) water for every pound of fruit. Let boil very gently for 8 to 10 minutes, mashing the fruit.

Strain the juice over night through a heavy cotton flannel jelly bag. The juice is pale, milky, thick and has a disagreeable odor. Do not place it in the refrigerator with other foods. In order to produce a clear jelly it is necessary to clarify the juice further, this may be done by letting it stand a day, then reboil and restrain it before using.

The pectin of buffalo berries is high. The juice has a puckery quality not unlike chokecherry. Three methods may be used successfully in making the jelly.

1. Measure juice, add $\frac{3}{4}$ cup sugar for each cup of juice and follow general jelly directions. Boil to 218 to 219 degrees F.
2. Measure juice and add 1 tablespoon lemon juice to each cup of juice. Use $\frac{3}{4}$ cup sugar to each cup of juice and follow general jelly directions. Boil to 217 degrees F.
3. Measure juice and add an equal quantity of crab apple juice. Add $\frac{3}{4}$ cup sugar to each cup mixed juice and boil to 216 degrees F., following general jelly directions.

This jelly, like apple jelly, becomes much firmer on storage, and fades if kept in the light. Four cups of berries will yield 3 to $3\frac{1}{2}$ cups of juice and each cup of juice may be counted on to make $1\frac{1}{4}$ glasses of jelly. Thus 4 cups of berries make 4 to 5 glasses of jelly.

HIGHBUSH CRANBERRY, PEMBINA OR AMERICAN CRANBERRY BUSH



HIGH BUSH CRANBERRY, PEMBINA
OR AMERICAN CRANBERRY BUSH
(*Viburnum trilobum*)

A shrub reaching 12 feet in height. Found in moist woods, but will grow in exposed locations if cultivated. The stems are smooth, gray and contain considerable pith. Leaves mostly 3-lobed. Flowers clusters terminal, umbel-like cymes, outer flowers much larger than the inner. Fruit round to oblong, containing one flat seed, yellow to dark red, mostly scarlet when fully mature, remaining on the bush over winter. Very useful as a jelly fruit as well as an ornamental plant. The plants are easily propagated by mound layering. When transplanted they grow slowly. It will usually take 4 to 5 years to get plants to bearing age. They are quite certain croppers because they bloom so late that they usually escape frost.

Highbush cranberries are very rich in pectin. Many people consider this the finest jelly fruit. The berries may be used for this purpose as soon as they begin to show color. When picked very green the jelly produced is light yellow in color. As the berries start to ripen the color changes to pink and the fully ripe fruit makes a red product.

The cooked fruit has a very disagreeable odor and occasionally the jelly retains enough of this to be unpleasant.

In preparing the berries for jelly making, wash the fruit and add enough water to more than cover the fruit. For accurate results use 3 cups water for each pound (about a pint) of fruit. Mash the berries as they cook, and boil for 3 to 5 minutes. Drain through a cotton flannel bag over night. Each pound of fruit yields 2 to $2\frac{1}{2}$ cups juice. Measure, add $\frac{3}{4}$ cup sugar for each cup of juice, and boil gently, following regular jelly directions to 216 degrees.

If uncertain of the ripeness of the fruit it may be wise to make a test glass of jelly before the whole amount of juice is cooked. Recooking will darken the jelly and make it strong. If fruit is over-ripe it is preferable to use part apple juice rather than have strong jelly.

Information in this circular is from NATIVE FRUITS OF NORTH DAKOTA AND THEIR USE, Agricultural Experiment Station Bulletin No. 281, by A. F. Yeager, Esther Latzke and Dorothy Berrigan. Adapted by Ruth M. Dawson, Extension Nutritionist.