

# The Berry Farm

## Honeyberries



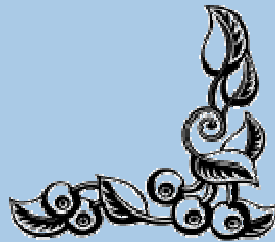
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## Tips & Tidbits

- \* Haskap (aka Honeyberries) is an amazingly hardy, fast growing, high yielding, great tasting berry bush.
- \* It is an edible honeysuckle that originates from Siberia.
- \* Haskap bushes are the earliest to fruit in the season - even earlier than strawberries!
- \* Seedlings will produce fruit by the second year after planting.
- \* Haskap berries have a flavor that has been compared to blueberries, raspberries, blackberries, rhubarb, and black currants.

- \* Plant bushes in either spring or fall.
- \* Bushes are not prone to insects or disease.
- \* Haskap is a low maintenance bush that is non-invasive and does not "sucker".
- \* Dormant plants have survived with the temperature falling to as low as -45 C, and blossoms have withstood temperatures to as low as -8 C

## Did you know...

### Honeyberries have health

#### benefits!!!

- \* Haskaps have exceptional levels of cancer-preventing **anti-oxidants**, particularly **phenols**. (Plant phenols may interfere with all stages of the cancer process, potentially resulting in a reduction of cancer risk)
- \* Haskap berries have five times the **phenol** content of blueberries.
- \* high in **Vitamin C**.
- \* Fat, sodium, and cholesterol free.

## Planting

1. Use your shovel to dig a hole that is twice as wide as the seedling's root ball. Remove the seedling from the pot and massage its root ball to gently untangle any clumps.
2. Place your seedling in the hole and ensure that it's standing vertically and is approximately at the same height as it was in the container. If your hole is too deep or too shallow, adjust this before planting.
3. When you are satisfied with the placement of your seedling, loosely spread potting soil on the top and sides of the hole until you've got a small mound around the base of the tree. Fill in the hole and gently pack down soil.
4. Water the seedling until the soil compresses around the young tree. Continue to water the haskap bush when the soil gets dry, making sure that the bush receives water via rainfall or a hose on a weekly basis.



### Berry Blue Haskap

This variety pollinates well with the parent plants of the new University of Saskatchewan varieties.

One of the fastest growing and tallest varieties (5 to 6 feet high).

Berry Blue's berries are half the size of U or S Haskap, with a tubular shape.

### Blue Bell Haskap

This variety is an excellent pollinator and should be planted with the Berry Blue Haskap.

Blue Bell Haskap is a slightly smaller bush growing to 3 to 4 feet high.

Honeyberries thrive on prairie soils that are naturally alkaline.

Haskap bushes are excellent for organic growing because they are easy to grow and do not have any insect or disease pests.

Bushes make attractive ornamentals. They have yellow blooms that attract wild and tame bees which help with pollination.



### Barbequed Honeyberry - Hoisin Chicken



#### INGREDIENTS:

1 cup honeyberries	1/8 tsp freshly ground pepper
3/4 cup hoisin sauce	Pinch of crushed red pepper
3 tbsp rice wine vinegar (divided)	1 1/2 lbs boneless, skinless chicken thighs, trimmed, each cut into 3 crosswise strips
1 strip orange zest (2" x 1/2")	2 1/2 cups of water
1 tbsp fresh ginger	1/3 cup thinly sliced scallion greens

Combine berries, hoisin sauce, 3 tbsp rice vinegar, garlic, orange zest, ginger, pepper, and crushed red pepper in a blender or food processor. Blend until smooth, about 1 minute. Set aside 1/4 cup for a dipping sauce.

Transfer remaining marinade to a medium bowl and thoroughly coat chicken. Cover and refrigerate for at least 2 hours.

Preheat grill to medium high. Remove chicken from marinade and thread onto skewers.

Grill the chicken until browned and cooked through, 3 to 4 minutes per side.

Serve chicken with remaining sauce and sprinkle with scallions.

## Planting

- \* Plant in a full -sun (8 hours/day), dry or hot location.
- \* Plant will not do well in damp or shady locations.
- \* Plant at same depth as plant in container.
- \* Add bone meal granules to bottom of hole.
- \* Always mix some little natural soil with a prepared soil mix.
- \* Water the hole and the new shrub well.
- \* Never fertilize after August.
- \* Let the soil around the cherry dry out in the fall to prep the plant for cold prairie winters.
- \* Some protection from winter winds will help the plant to grow strong.
- \* Drape netting or a clean white sheet over the fruit if birds are a problem.

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