



Haskap Berries

How to Prepare

Haskaps are delicious, northern-friendly berries that do well in Yellowknife’s short growing season. It is one of the first to reach maturity, can survive cold winters, and can endure an intense frost. Haskaps also go by the names Honeyberry or Blue Honeysuckle.

Haskaps have been studied at the University of Saskatchewan’s Fruit Program, and their website contains a wealth of information about varieties, cultivation and processing. You can find this information here: <http://www.fruit.usask.ca/haskap.html>

Haskaps have a flavour that is described as a cross between raspberries, blueberries, and red currant, but with a distinctive tanginess and sweetness. Enjoy them fresh from the shrub, keep them in a reusable container in the refrigerator, or individually quick-freeze them to keep them through the winter.

Try Using Haskap Berries:

- In salads with bitter greens;
- In smoothies or juices;
- In fruit salad;
- In pastries and baked desserts;
- In crumbles or cobblers;
- As an ice cream topping;
- With yogurt or cottage cheese;
- As a jam, preserve or syrup;
- Dried in trail mix or granola;
- Juiced for vinaigrettes or sauces;
- As a compote for wild game;
- In oatmeal or overnight oats; and
- As a replacement for blueberries;

Nutrition Highlights

- Very high in Vitamin A and C;
- A source of calcium and iron;
- A good source of fiber;
- A good source of potassium;
- A source of manganese.

Nutrition Facts	
Valeur nutritive	
Per 2/3 cup (100 g) pour 2/3 tasse (100 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 0.3 g	1 %
Saturated / saturés 0.1 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 220 mg	6 %
Carbohydrate / Glucides 14 g	5 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 8 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	60 %
Calcium / Calcium	4 %
Iron / Fer	4 %
Magnesium / Magnésium	6 %
Zinc / Zinc	2 %
Copper / Cuivre	6 %
Manganese / Manganèse	8 %



YELLOWKNIFE FARMERS MARKET



Recipe: Haskap Berry Crumble

Ingredients

Filling

- 4 cups of fresh haskap berries
- 1 cup sugar
- ½ cup flour

Crumble Topping

- 1 cup flour
- 1 cup quick cooking oats
- ½ cup brown sugar
- ½ cup butter, softened
- 1 tsp cinnamon, ground

Instructions

1. Preheat oven to 350F
2. Mix berries, sugar and flour in a bowl then transfer to a 9x9 baking dish
3. Mix Crumble Topping ingredients together by hand in a bowl
4. Spread topping over berries in baking dish
5. Bake for 20-25 minutes

Customize this crumble with your favourite fruit or berries.

Use frozen haskap berries to enjoy this dessert any time of year.