



Saskatoon Berries

How to Prepare

Saskatoon berries, also known as serviceberries, shadbush, juneberries, and prairie berries, are a popular local food. The berries grow well in Yellowknife's summer conditions, as the berries usually ripen in 60 to 90 days. The plants survive cold winters, and can produce for 30 or more years. Some plants have produced for up to 70 years.

Saskatoon berries look a lot like blueberries, but their taste is quite different. They have a distinct fruity & nutty taste, with some hints of almond. Like most berries they are very versatile in the kitchen, and can be used with desserts, salads, and savoury dishes.

The Saskatoon Berry Institute is the industry association responsible for promoting Saskatoon berries. You can find more information about this northern-friendly berry by visiting their website at <http://saskatoonberryinstitute.org/>

Use Saskatoon Berries:

- In salads with fresh cheeses;
- In smoothies or juices;
- In fruit salad;
- In pastries and baked desserts;
- In crumbles or cobblers;
- As an ice cream topping;
- In pemmican;
- As a jam, preserve or syrup;
- Dried in trail mixes or granolas;
- Juiced for vinaigrettes or sauces;
- In scones or muffins
- As a compote for meats; and
- In oatmeal or overnight oats;

Harvesting Information:

Saskatoon Berries are ready to harvest when they are vibrant purple, and slightly soft.

When picking, do not stack harvested berries too deeply as they will bruise easily.

Store in the refrigerator.



Image source: <http://saskatoonberryinstitute.org/>

Nutrition Highlights

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



YELLOWKNIFE FARMERS MARKET



Recipe: Saskatoon Berry Sauce

Ingredients

- 1 cup Saskatoon Berries
- ¼ cup pomegranate or cranberry juice
- 1 tbsp sugar
- 1 tbsp lemon juice
- 1 tbsp cornstarch (optional)

Instructions

1. In a small pot add the berries, sugar and both juices and heat until boiling. Lower the heat and let simmer until the berries are tender, about 15 minutes. The sauce is now ready but if you'd like a thicker sauce, mix the cornstarch with a splash of water until dissolved and add to the berry mixture, stirring constantly for 1 minute or until desired consistency is reached. More water can be added if sauce becomes too thick.

This simple sauce is great for sweet and savory dishes. Spoon the sauce over scones, muffins, ice cream, yogurt or roasted meats like pork tenderloin.

Use frozen Saskatoon berries to enjoy this sauce any time of year.

If you prefer a more jam-like consistency, gently crush the berries with a potato masher while they simmer.

Per 100g	SASKATOONS	BLUEBERRIES	STRAWBERRIES	RASPBERRIES
Energy	84.84 Ca	51 Ca	37 Ca	49 Ca
Protein	1.33 g	0.42 g	0.7 g	0.91 g
Carbohydrate	18.49 g	12.17 g	8.4 g	11.57 g
Total Lipid (fat)	0.49 g	0.64 g	0.5 g	0.55 g
Total Fibre	5.93 g	2.7 g	1.3 g	4.9 g
Vitamin C	3.55 mg	2.5 mg	59 mg	25 mg
Iron	0.96 mg	0.18 mg	1.0 mg	0.75 mg
Potassium	162.12mg	54 mg	21 mg	152 mg
Vitamin A	35.68 IU	100 IU	27 IU	130 IU

Source: Saskatoon berries, SFGA, Conducted by POS Pilot Plant, assistance of Native Fruit Development Program (February 2003); Other fruit--USDA National Nutrient Database for Standard Reference, Release 15 (August 2002).