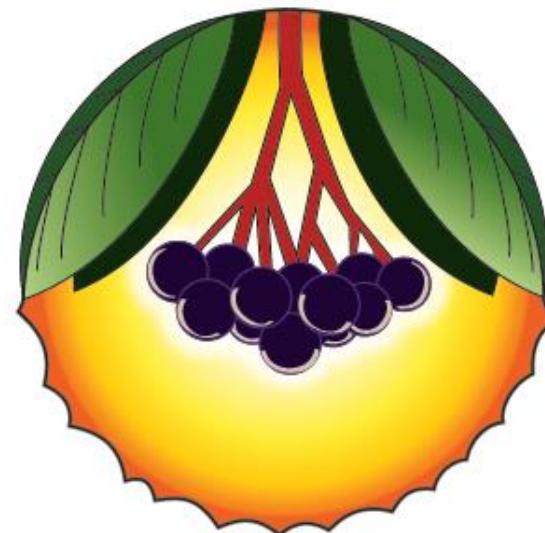


Sunny Lane Farm

Aronia Berry Recipes

10 quick and easy recipes made with anti-
oxidant rich aronia berries, fresh or frozen.



Sunny Lane Farm

Eureka, Illinois

SunnyLaneAronia@gmail.com

Blog.BrockmanFamilyFarming.com

Aronia Berries

Aronia berries, also called chokeberries, are particularly high in antioxidants, especially the polyphenols called anthocyanins and proanthocyanidins. These antioxidants are actually dark pigments that give the berries their blue-black color and protect human tissues by scavenging free radicals in our bodies that can damage cells, weaken the immune system, and may play a role in arthritis, heart disease, cancer, and inflammatory diseases.

Our Berries Are

- Organically grown in Central Illinois
- Native North American plant
- Almost 3.5 times higher than blueberries in antioxidants
- Delicious! Try our juice and jam, or use fresh or frozen berries in these recipes and beyond!

Sustaining the Environment

Aronia melanocarpa (black chokeberry) is native to the U.S. and was used both medicinally and for food by the Native Americans for centuries. Being a native plant, and therefore evolutionarily adapted to this region, aronia is perfectly suited for organic cultural practices. Sunny Lane Farm is certified organic by Global Organic Alliance (GOA).

The bushes are extremely hardy and able to withstand even the coldest winters, while also being drought resistant, sending roots deep and wide for water. In Woodford County where we have rolling hills and potential erosion problems for row crops, the perennial aronia bushes are a perfect solution.

Furthermore, our aronia berries, jams, and juices, grown in Illinois, have a very low carbon footprint, traveling just a few miles to your plate.

Aronia Berry Crumble Ice Cream

Berry Sauce:

1 c. chopped aronia berries
1 1/4 c. apple juice
1/2 c. sugar
2 T. corn starch

In a saucepan, heat chopped aronia and 1 c. of apple juice. Boil 2 minutes. Strain off pulp with a metal strainer. Return juice to saucepan and add sugar and dissolve cornstarch in remaining apple juice and heat mixture until thickened. Cool.

Crumble:

1 c. flour
1/4 c. brown sugar
1/2 c. butter (softened)
1/2 c. chopped lightly salted almonds

Combine all and pat onto a baking sheet. Bake 15 min. @ 350 degrees. Stir occasionally to form crumbs. Cool. Swirl sauce and crumble into Wells' Blue Bunny Vanilla ice cream.

Source: Mary Roder, Merrill. This recipe received first place in the Ice Cream Days Flavor Creation Contest, June 16, 2012.

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Berry Healthy Smoothie

Smoothies can be made with anything you want. Use whatever base you prefer whether its juice or milk or cucumber! Be creative and try some aronia with your favorite smoothie recipe.

2 cups yogurt or soy milk

1 banana

1 cup berries of your choice such as strawberries, blueberries, raspberries, or a combination-partially frozen

½ cup aronia berries-partially frozen

1 tablespoon orange juice concentrate

- Put all ingredients in a blender and blend until smooth.
- Drink and enjoy!

Aronia Berry and Goat Cheese Galette (Part 2)

Filling Ingredients:

½ cup goat cheese (chevré)

1 egg

½ teaspoon vanilla extract

2 tablespoons sugar

1 cup aronia berries, tossed with 1-2 tbs sugar

¼ cup goat cheese, crumbled

- While the dough is chilling, prepare the filling.
- Use a whisk to combine the goat cheese, egg, vanilla extract, and sugar until smooth.
- Pre-heat the oven to 350 degrees.
- Remove the dough from the refrigerator and roll out to 14" diameter. Fold dough into quarters and transfer to parchment-lined cookie sheet or pizza pan.
- Unfold the dough and spread with goat cheese and egg filling, leaving about 1" of dough at the edges to fold over. Sprinkle crumbled goat cheese over the filling and top filling with berries, spreading them out into a single layer.

This recipe was developed by CSA member Elaine Sebald.

Aronia Berry and Goat Cheese Galette (Part 1)

Pastry Ingredients:

1 ¼ cup flour
½ teaspoon salt
1 stick unsalted butter, cut into cubes
¼ cup ice water
1 egg yolk, slightly beaten and mixed with 1 tablespoon water

For pastry dough:

- After cutting the butter into cubes, place it in the freezer for 15 minutes.
- Place the flour and salt into a food processor and pulse 3-4 times.
- Add half of the butter and pulse 5-6 times until mixture looks mealy.
- Add the rest of the butter and pulse 3-4 times.
- Sprinkle in half of the water and pulse. Continue to add water and pulse until dough holds together when squeezed.
- Gather the dough and place on plastic wrap.
- Shape into a disk about 5 inches in diameter.
- Wrap the dough in plastic wrap and place it in the refrigerator for 30 minutes.

Fancy Aronia Oatmeal

Prepare this heart healthy breakfast with the cholesterol reducing oatmeal fiber and high antioxidant aronia berries.

1/4 c. steel cut oats (you could use regular oatmeal, just don't cook as long)
3/4 c. water

- Bring to a boil, cover and simmer for about 20-25 minutes.

- Add:

1 tablespoon flax meal
2 tablespoons walnuts
1 tablespoon raisins
1 tablespoon dried cranberries

- Reheat and then add:

1/4 cup frozen (or fresh) aronia berries

- Just reheat, but don't cook.

I add about a teaspoon of honey

- Makes 1 serving

Aronia Berry Spinach Salad

2 Tb red wine vinegar
2 tablespoons apple juice
2 tablespoons frozen aronia berries
1 tsp sugar
1/8 tsp salt
1 small garlic clove
1/2 cup extra virgin olive oil
1 bag spinach leaves (about 1/2 pound)
1/2 cup shredded carrot
1 avocado
1/2 cup diced apple or pear
1/2 cup frozen aronia berries

- In food processor, combine first six ingredients.
- Process until berries and garlic are finely chopped.
- With processor running, slowly pour in olive oil.
- Process until smooth and thick.
- Combine spinach and remaining ingredients and toss.
- Divide salads and drizzle with dressing.

Black Aronia Pinwheels

1 1/2 cups Aronia berries, 1 1/2 cup pecans, 1/4 cup packed brown sugar, 1 cup butter, 1 1/2 cups granulated sugar, 1/2 teaspoon baking powder, 1/2 teaspoon salt (I omit), 2 eggs, 3 teaspoons orange zest, 3 cups flour

Filling:

- in food processor combine berries, pecans, and brown sugar

Dough:

- Beat softened butter for 30 seconds.
- Add sugar, baking powder and salt and beat until combined.
- Beat in eggs and orange peel.
- Beat in as much flour as you can with the mixer, then mix by hand.
- Divide dough in half and refrigerate for 1 hour Roll each half into a 10-12 inch square
- Spread with filling and roll up
- Chill for 4 or more hours
- Cut rolls into 1/4 inch slices
- Bake at 375 degrees for 10-15 minutes; edges should be firm and bottoms lightly browned

Aronia Berry Bread or Muffins

It's the orange juice, flax seeds, and oatmeal that make this recipe great!

2 1/2 cups flour
½ cup flax meal
1 cup oatmeal
1 1/2 cups sugar
1 1/2 teaspoons baking soda
2 eggs
1 3/4 cups orange juice (I use o.j. from concentrate and mix it 1:1 with water)
½ cup butter
3 cups aronia berries
1 1/2 cups walnuts

- Process oatmeal into coarse flour
- Mix all ingredients except berries and walnuts together until just combined
- Fold in berries and nuts
- Pour batter into 2 greased loaf pans or into muffin pans
- Bake at 350 degrees for 1 hour (bread) or until toothpick inserted in middle comes out clean

Aronia Vinaigrette

1st place winner of the Midwest Aronia Association/ Iowa State University Aronia recipe contest. Aronia vinaigrette is a fruity dressing that's great on a mixed greens salad with raisins and nuts.

This recipe makes about 4-5 servings.

½ cup aronia berries, ½ cup water
¼ cup vinegar (Balsamic or apple cider),
2-3 teaspoons sugar
¼ teaspoon black pepper
¼ teaspoon tamarind paste (optional)
Pinch of cumin powder

- Wash aronia berries and grind in a blender (optional to strain in a sieve).
- Mix the ingredients and whisk to form an emulsion.
- Tamarind paste is optional and can be added to increase the tangy flavor.

Garden Gazpacho with Aronia Berries

Teresa's favorite aronia recipe!

6 ripe roma tomatoes
1/2 cup aronia berries, roughly chopped,
1 purple onion, finely chopped
1 clove garlic, finely minced
1 cucumber, peeled and chopped
1/4 cup red wine vinegar
1 sweet red bell pepper, seeded
1/4 cup extra virgin olive oil
4 stalks cutting celery, finely chopped
2 Tbs fresh lemon juice
1-2 Tbs fresh parsley, chopped
2 tsp sugar
2 Tbs fresh chives, chopped
6 drops tabasco sauce
4 cups tomato juice (I use regular tomatoes and skip the juice)

- Rough chop aronia berries to emulsify. Combine all ingredients.
- Blend slightly to desired consistency.
- Place in a non-metal, non-reactive storage container, cover tightly and refrigerate overnight, allowing flavors to blend.

Aronia Berry Salsa

1 medium red onion
1 14-ounce can whole corn
1 14-ounce can black beans
1 1/2 cups frozen aronia berries
4 cups Roma tomatoes, chopped
3 jalapenos, seeded chopped, 4 limes
1 teaspoon salt

- Finely chop the onion and place in a small glass bowl.
- Sprinkle with salt and squeeze the juice of one lime over the top.
- Mix well and set aside.
- Drain the corn and the black beans, and combine them in a large mixing bowl.
- Wash the frozen aronia berries and add to corn and black beans.
- Add the chopped tomatoes and the seeded and chopped jalapenos. Mix well.
- Squeeze the juice from the remaining limes onto the tomato mixture and stir to combine.
- Add the chopped onions and stir again.
- Let chill for an hour before serving with tortilla chips.