

The saskatoon plant is native to Western and Central Canada and is a traditional food and medicine staple for First Nations. The fruit of the saskatoon plant, also known as saskatoon berries, resemble blueberries in size and color, but have a dense and nutty fruit flavour. The Saskatoon is not actually a berry, but is a pome, botanically similar to the apple. Saskatoons are considered a superfood, with high levels of antioxidants and nutrients, as well as protein and fibre. Don't miss out on the opportunity to try these amazing fruits as they are generally only available seasonally through local growers or wild foraging.

NUTRITION

First Nations used the saskatoon extensively for food, medicine, and craft purposes. Modern science has also found the berry to be an excellent food source, very high in fibre and antioxidants, and a source of protein and several other essential minerals, including magnesium, iron, calcium, potassium, and protein.

HOW TO SELECT

Saskatoons are harvested when plump and purple in mid summer. Berries intended for jam are harvested early, when pectin and acid concentrations are higher. Berries destined for the fresh fruit market are picked later in order to take advantage of the high sugar content. Avoid fruits that are dried or shriveled.

HOW TO PREPARE

RAW: Simply wash and enjoy. Try adding saskatoons to cereal or yoghurt for a nutritious start to your day. Blend them in a smoothie with other fruits, milk or yoghurt and flax seed for a powerful and refreshing summer meal.

COOKED: Saskatoons can be used to make a variety of delicious seasonal desserts. Try substituting saskatoons for blueberries in your favourite jam, crisp, or pie recipe.

SIMPLE SASKATOON CRUMBLE RECIPE

6 CUPS SASKATOONS, 1 CUP FLOUR, 1 CUP SUGAR, ½ CUP COLD BUTTER, 1 TSP CINNAMON, ½ TSP SALT

1. Preheat oven to 375°F. Wash saskatoons and place wet fruit in bottom of baking dish.
2. In a bowl combine all dry ingredients.
3. Dice cold butter into small pieces and add to dry ingredients.
*Pastry technique: Use two knives to dice butter into mixture until the mixture resembles the consistency of bread crumbs.
4. Sprinkle topping over fruit in pan and press down into even form.
5. Place dish in oven and bake until topping is golden brown and fruit is tender. Approx 50 minutes.
6. Enjoy it straight up or with vanilla ice cream.