



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Wild Chokecherry

Dakota: Can-pa (Chanpa)

Lakota: čhaṇpħa



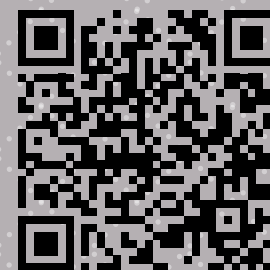
Pick it!

Ripe
chokecherries
are black, 1/4-1/2
inch round and
grow in clusters
similar to grapes.

Try it!

Remove seeds
and use fresh
in muffin or
pancake batter.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

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Dakota word translate by a member of Hunkpati Dakota. Lakota word translate by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Fall

Wild Chokecherry

Dakota: Can-pa (Chanpa)

Lakota: čhanpħa

Pick it!

Ripe chokecherries are black, 1/4-1/2 inch round and grow in clusters similar to grapes.

Look for chokecherries that grow wild in areas that have not been sprayed with pesticides.

Choose the best cherries and clean them in fresh water, removing leaves and stems.

Refrigerate to keep cool or freeze fresh for later.



Try it!

Snack by eating raw, spitting out the seeds, do not eat too much or it can clog your throat and stick in your teeth. Your teeth will be blue for a little while!

Boil chokecherries and remove seeds to make a pudding or syrup.

Remove seeds and use fresh in muffin or pancake batter.

Finely grind chokecherries, including seeds, to make patties to dry in the sun to preserve for later use.

Use the leaves to make a soothing tea.



Did you know...

Chokecherries are high in vitamin K, manganese, potassium and the phytonutrient called lutein, which is associated with eye health.

Like it!

Wild Chokecherry Pudding

Ingredients

- 2 quarts of chokecherries
- 1 gallon of water in a large pot to boil the chokecherries
- Sweetener to taste

Directions

1. Wash and de-stem the chokecherries.
2. Add chokecherries to water and bring to a boil, then lower to a simmer. Stir occasionally. Boil until seeds fall out.
3. Use a colander to separate the seeds keeping the pulp with the juice.
4. Add flour or cornstarch to pulp/juice mixture.
5. Heat slowly, stirring constantly, until mixture reaches a pudding-like thickness.
6. Add sugar or other sweetener as desired. Serve hot.

Source: This is an adapted version of the traditional wojapi made by the Lakota/Dakota/Nakota people of the Plains.

Chokecherry Tea

A soothing medicinal tea used by many Native American Tribes in the US and Canada.

Ingredients

- 1 Tablespoon dried chokecherry leaves
- 1 cup boiling water

Directions

1. Bring water to a boil.
2. Add dried chokecherry leaves.
3. Simmer 15 minutes and serve. Add sweetener if desired.

Note:

- If using fresh leaves start with a few at a time until you reach the desired taste.
- For picking leaves, once you have identified the bushes pick only the best leaves.
- Clean and refrigerate if using fresh. Leaves can also be dried for future use and stored in a clean container.

Source: Cheyenne River Tribal Extension, Eagle Butte, SD.

*Dakota word translated by a member of Hunkpati Dakota
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Wild Chokecherry

Dakota: Can-pa (Chanpa)

Lakota: čhaŋph̃a

- Ripe chokecherries are black, 1/4-1/2 inch round and grow in clusters similar to grapes.
- Look for chokecherries that grow wild in areas that have not been sprayed with pesticides.
- Boil chokecherries and remove seeds to make a pudding or syrup.
- Remove seeds and use fresh in muffin or pancake batter.
- Finely grind chokecherries, including seeds, to make patties to dry in the sun to preserve for later use.

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In season:



Fall

Wild Chokecherry

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Lakota: čhanpħa

Sampling Display Instructions

Choke Cherry Tea

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons serving			
Dried chokecherry leaves	3 Tablespoons	¼ cup	6 Tablespoons
Water	3 cups	4 cups	6 cups

Directions:

1. Bring water to a boil.
2. Put the dried chokecherry leaves into the boiling water.
3. Simmer for 15 minutes and serve.
4. Add sweetener if desired.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups
- Pick It! Try It! Like It! Preserve It! produce sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table

Notes:

- Prepare Chokecherry Tea. Place in sealed pitcher for transportation to destination.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post Allergy Alert sign on table.
- Place a few samples out at a time in small cups.
- Ask parent's permission before children sample.
- Ask if they use chokecherries often in their meals or snacks. Ask if they could use this recipe.
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Sampling Display Instructions

Chokecherry Pudding

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons serving			
Chokecherries	1 ½ cups	2 cups	3 cups
Water	3 ¼ cups	4 ⅓ cups	6 ½ cups
Cornstarch or flour as needed.			

Directions:

1. Wash and de-stem the chokecherries.
2. Add chokecherries to water and bring to a boil, then lower heat to simmer. Stir occasionally.
3. Boil until seeds fall out. Use a colander to separate the seeds keeping the pulp with the juice.
4. Add flour or corn starch to pulp/juice mixture. Heat slowly, stirring constantly, until mixture reaches a pudding-like thickness.
5. Add sugar or other sweeteners desired. Serve hot.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon for serving
- Pick It! Try It! Like It! Preserve It! produce sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table

Notes:

- Prepare Chokecherry Pudding. Place in preheated slow cooker for transportation to destination.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post Allergy Alert sign on table.
- Place a few samples out at a time in small cups with spoons.
- Ask parent's permission before children sample.
- Ask if they use chokecherries often in their meals or snacks. Ask if they could use this recipe.
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