



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Fall

Wild Chokecherry

Dakota: Can-pa (Chanpa)

Lakota: čhanpħa

Lesson Plan

Objectives

Participants will:

- identify wild chokecherry trees and their blooms through the use of visuals.
- increase knowledge in the selection, storage and use of chokecherries.
- use chokecherries in a recipe.

Items Needed for the Lesson

- Visuals of chokecherry trees, their leaves and blossoms.
- Examples of freezer bags and containers.
- Visual or example of a colander.

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet

Recipe Choices

- Wild Chokecherry Pudding
- Chokecherry Tea

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Stove Top Safety

Other Cooking and Food Safety Skills

- Cooking terms - boil and simmer

Supplies for Wild Chokecherry Lesson

- Wild Chokecherry Pudding
 - » Measuring cups and spoons
 - » Liquid measuring cup
 - » Large pot
 - » Large spoon
 - » Colander
- Chokecherry Tea
 - » Pan for boiling water

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • This fruit is sometimes called wild cherry or stone fruit. • The roots, bark and berries of this fruit tree provided food and medicine to American Indian tribes throughout history. • The fruit is popular with wild berry jelly makers. (Answer: Wild chokecherries.) 	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of Wild Chokecherries.
<p>The chokecherry is a wild, fruit-producing tree that is found in much of North America. The tree is often found along the banks of streams or along roadsides where there is plenty of moisture.</p> <p>Has anyone seen a chokecherry tree?</p> <p>Chokecherries are small, shrub-like trees that can grow to about 30 feet tall.</p> <p>They are easiest to find when they are in bloom.</p> <p>The chokecherry bloom is a group of small, white flowers that are in a cylindrical shape. The chokecherry tree blooms in the spring and the actual chokecherry fruit appears a couple of months later.</p>	<ul style="list-style-type: none"> • Allow discussion of experiences with chokecherry trees. • Show visuals of the chokecherry tree, blooms and fruits.
<p>The fruits of the chokecherry are purple-black in color and are ¼-½ inch round. They grow in clusters similar to grapes.</p> <p>Each berry contains a hard pit or stone.</p>	<ul style="list-style-type: none"> • If possible, show some real chokecherries.
<p>To use the chokecherries, rinse them in fresh, cold water making sure to remove the stems and leaves.</p>	<ul style="list-style-type: none"> • Demonstrate washing chokecherries. • Review Washing Fruits and Vegetables skill sheet.
<p>How can we use chokecherries?</p> <p>After removing the seeds, chokecherries can be used in muffin or pancake batter.</p> <p>Chokecherry leaves can be used to make a soothing tea.</p> <p>Chokecherries can be frozen by laying them on a baking sheet in a single layer and putting them in the freezer. After they are frozen, the berries can be put into freezer bags or containers.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Demonstrate the process of freezing chokecherries. Show examples of freezer containers.
<p>Jelly makers like to use chokecherry juice to make jelly. Some recipes use half chokecherry juice and half apple juice to make jelly.</p>	

What You Say:	What You Do:
<p>How would you make juice from chokecherries?</p> <p>Clean 4 cups of chokecherries and place them in a large saucepan. Add 1 cup of water.</p> <p>Place the saucepan on the stovetop on low heat and simmer until the chokecherries are very soft. Stir them occasionally but be careful not to crush the seeds.</p> <p>After the chokecherries are soft, strain them through several layers of cheesecloth in a colander, allowing the juice to drip into a bowl.</p> <p>Do not twist or press the cheesecloth so the juice will remain clear.</p> <p>The juice can then be used to make jelly or it can be frozen or canned for future use.</p>	<ul style="list-style-type: none"> Allow discussion.
<p>Why would we want to eat chokecherries? What are some of the things that chokecherries provide that are good for our bodies?</p> <p>Chokecherries are high in vitamin K and the minerals manganese and potassium. Chokecherries are also a good source of fiber.</p> <p>Fiber prevents constipation, helps maintain a healthy weight and lowers risk of diabetes and heart disease.</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>Are you ready to try a recipe that includes chokecherries?</p> <p>What is the first thing that we need to do before we begin? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> Go over Handwashing skill sheet.

Wild Chokecherry

Dakota word translation and perspective provided by a member of Hunkpati Dakota.
Lakota word translated by Jeshua Estes.

Wild Chokecherry-original to South Dakota prior to European settlement.

Dakota name - Can-pa (Chanpa) Lakota name - čhaŋp̃ha

- The seeds contain arsenic so to remedy this problem the choke cherries were "pounded" or crushed by stones and either made into patties and dried and stored for later use or they were also worked into meat or fish fillets by rubbing the cherries into the meat or fillet by hand, then the meat can either be cooked and eaten at that time or dried and stored for later use.
- Every part of the Chokecherry bush was used for medicine, food and tea, toys, weapons and ceremony.

Use this page if you are going to prepare Wild Chokecherry Pudding

Equipment List

- Measuring cups and spoons
- Liquid measuring cup
- Large pot
- Large spoon
- Colander

What You Say:	What You Do:
Today we are going to be making Wild Chokecherry Pudding. Let's read through the recipe together.	<ul style="list-style-type: none"> • Pass out the recipe and read aloud.
<p>We are going to wash and remove the stems from the chokecherries.</p> <p>The chokecherries and water are going to come to a boil and then the heat will be lowered so that they simmer.</p> <p>What is meant by the cooking terms "boil" and "simmer"?</p> <p>(Answer: Boil is to heat a liquid until bubbles break continually on the surface. Simmer is to cook slowly in liquid over low heat; the surface of the liquid should be barely moving and will be broken from time to time by slowly rising bubbles.)</p>	<ul style="list-style-type: none"> • Review how to wash chokecherries. • Call on someone who would like to answer. • Define the cooking terms "boil" and "simmer" and allow for discussion.
After the seeds fall out, the pulp and juice will be separated from the seeds by using a colander.	<ul style="list-style-type: none"> • Show a colander.
<p>Flour or cornstarch will be used to thicken the pudding.</p> <p>Sugar can be added to sweeten the pudding.</p>	

Use this page if you are going to prepare Chokecherry Tea

Equipment List

- Pan for boiling water

What You Say:	What You Do:
Today we are going to be making Chokecherry Tea. Let's read through the recipe together to learn about the steps in making Chokecherry Tea.	<ul style="list-style-type: none"> • Pass out the recipes and read aloud.
Chokecherry Tea can be made from fresh chokecherry leaves or leaves that have been dried. The leaves should be the best ones from the chokecherry tree. They can be cleaned and refrigerated until it is time to make the tea. The leaves can also be dried and stored in a covered container.	<ul style="list-style-type: none"> • Discuss how the chokecherry leaves can be dried.
For fresh leaves, bring water to a boil and add a few chokecherry leaves. Simmer until the tea is the desired taste.	
If using dried leaves, add 1 Tablespoon of dried leaves per 1 cup of boiling water. Simmer for 15 minutes and then serve with or without sweetener.	
What do the cooking terms "boil" and "simmer" mean? (Answer: Boil is to heat a liquid until bubbles break continually on the surface. Simmer is to cook slowly in liquid over low heat; the surface of the liquid should be barely moving and will be broken from time to time by slowly rising bubbles.)	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Define "boil" and "simmer".

Visuals



Wild chokecherry blooms and leaves



Ripe chokecherry berries



Wild chokecherry shrub

Chokecherry Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Chokecherries	1 ounce/ 28 g.	43	4.8 g	0%	.2	86.5	2.8
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-3 cup servings of fruit per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

Wild Chokecherry Sources

Information

- plants.usda.gov/factsheet/pdf/fs_prvi.pdf
- aihd.ku.edu/foods/chokeberries.html
- cespubs.uaf.edu/index.php/download_file/1245/

Cooking Terms

- reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary

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

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In season:



Fall

Wild Chokecherry

Dakota: Can-pa (Chanpa)

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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
Lakota word translated by Jeshua Estes*

**Find more recipes
and videos at
extension.sdstate.edu**

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

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