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8. © Chokecherry have viable seeds and eat the fruit, too! Sherwood, K. and Wilkinson, K. M. Native Plants Journal 8(1):43-44. 2007.



CHOCHECHERRY

HAVE VIABLE SEEDS AND
EAT THE FRUIT, TOO!

Karen Sherwood and Kim M Wilkinson

ABSTRACT

It is possible to obtain clean seeds of chokecherry (*Prunus virginiana* L. [Rosaceae]) and other similar species, as well as to capture the nutritional component of the fruits. Here we describe an easy way to make chokecherry honey.

Sherwood K, Wilkinson KM. 2007. Chokecherry: Have viable seeds and eat the fruit, too! *Native Plants Journal* 8(1):43-44.

KEY WORDS

Prunus, Rosaceae, seed cleaning, macerate

NOMENCLATURE

USDA NRCS (2006)