Recommendations from the Carrington REC Fruit Project

NDSU Carrington Research Extension Center has been evaluating northern-hardy fruit varieties since 2006. The following varieties are hardy, have done the best or have the most useful fruits. For a full list of cultivars, contact the fruit project manager.

Apples: CREC has five varieties of apples easily grown in central North Dakota: ‘Haralred’, ‘Hazen’, ‘Sweet Sixteen’, ‘Honey Crisp’ and ‘Zestar’. Our selection of ‘Haralred’ does not mature well and ‘Sweet Sixteen’ takes a very long time to fruit – though it is delicious.
   **Varieties:** (recommended with reservations) ‘Hazen’, ‘Honey Crisp’, ‘Zestar’ and ‘Sweet Sixteen’.

Plums: Plums have been spottily productive at CREC. Try a wild plum as a pollenizer.

Grapes: Eighteen varieties are being evaluated for winter hardiness, ability to ripen and other qualities. The easiest-to-grow, most hardy grape for North Dakota is ‘Valiant’. ‘Somerset Seedless’ has done well.

Aronia: (Aronia melanocarpa) Or, Black Chokeberry, is a native North American plant developed into a commercial fruit in Eastern Europe. The fruit requires processing as it is quite astringent right off of the bush but is very nutritious and high in anthocyanins. High interest in Central Plains.

Cherries: (Prunus x kerrasis) These dwarf, zone 2-hardy pie cherries grow on a 5’x 7’ high bush that can produce 20 to 30 lbs of fruit per plant. They are just becoming readily available in the US. Fruit is dark red throughout and has high sugar content.
   **Varieties:** ‘Carmine Jewel’, ‘Crimson Passion’ (harder to find). **Tree:** ‘Evans’ aka ‘Bali’.

Currants: (Ribes nigrum and rubrum) Black currants have 5 times the amount of vitamin C in oranges and are loaded with antioxidants and anthocyanins. They are super-popular in Europe as juice, syrups and spreads. Jam, juice, wine and cordials are delicious. Flowers are susceptible to late-season freezes. Powdery mildew may be a problem. Near white pine trees, plant rust-resistant cultivars.
   Red: ‘Red Lake’, or any. **White:** ‘Swedish White’.

Honeyberry aka Haskap: (Lonicera caerulea var. edulis) A very hardy and unique small shrub with tasty, early-ripening fruit similar to blueberries. No special soil conditions are needed. A circumpolar native, CREC has 6 Russian, 18 Japanese and 4 Canadian cultivars.

Juneberry: (Amelanchier alnifolia) Juneberries are native to the northern Great Plains; the fruits are delicious fresh, frozen or processed. Bird damage can be a problem and there is disease pressure.

Gooseberries: (Ribes uva-crispa L.) Many varieties are susceptible to leaf diseases. Plants have thorns but the fruit is tasty and sweet-tart. Use like fresh grapes or make pies and jam.

Sea Buckthorn or Sea Berry: (Hippophae rhamnoides) Not recommended – Potentially invasive.

Elderberries: (Sambucus canadensis) Commercial varieties don’t ripen at CREC and are not winter hardy. We are searching for hardier selections that we have heard about.

Contact: Kathy Wiederholt, Fruit Project Manager. Kathy.Wiederholt@ndsu.edu; 701-652-2951
**US Fruits**

**St. Lawrence Nurseries**  Apples, Plums, etc.
325 State Highway 345
Potsdam, NY 13676
315-265-6739
www.sln.potsdam.ny.us

**One Green World** - Honeyberry, etc.
28696 S. Cramer Rd.
Molalla OR 97038-8576
1-877-353-4028 / 1-503-651-3005
www.onegreenworld.com

**Raintree Nursery** - Aronia, etc.
391 Butts Road
Morton, WA 98356
360-496-6400
www.raintreenursery.com

**Whitman Farms** - Currants
3995 Gibson Rd NW
Salem, OR 97304
503-585-8728
www.whitmanfarms.com

**HoneyberryUSA** - Canadian haskaps & cherries
19736 350th St; PO Box 512
Bagley, MN 56621
Phone: 218-331-8070
www.honeyberryusa.com

**Grapes**

**Great River Vineyard/Nursery**
35680 Highway 61 Boulevard
Lake City, MN 55041
877-345-3531
www.greatrivervineyard.com

**Northeastern Vine Supply**
2494 Route 140
Poultney, VT 05764
802-287-9311
www.nevinesupply.com

**Winterhaven Vineyard and Nursery - cuttings**
18103 628th Avenue
Janesville, MN 56048
Phone: 507-234-5469
www.winterhavengrapevines.com

**Canadian Propagators for Cherry and Haskap**

For additional propagators, see the University of Saskatchewan Fruit program website, below.

**Haskap Central Sales Ltd.** c/o Curtis Braaten
P.O. Box 21
Henribourg, Saskatchewan  S0J 1C0
Phone: (306) 764-2514
www.haskapcentral.com

**Prairie Plant Systems Inc.** - SK Cherries, Haskap
Box 19A - RR#5
Saskatoon, Saskatchewan S7K 3J8
Phone: 306-975-1207
www.prairietechpropagation.com

**Fruit Information**

NDSU-Carrington Research Extension Center
Northern Hardy Fruit Evaluation Project
www.ag.ndsu.edu/CarringtonREC

University of Saskatchewan - Saskatoon
Fruit Program
www.fruit.usask.ca

Gardening in Michigan
Michigan State Extension
www.migarden.msu.edu/migarden/fruit

Iowa State University
Iowa State Extension
www.extension.iastate.edu/yardgarden/fruits

Cornell Fruit and Berries
www.fruit.cornell.edu

Minnesota Fruit and Vegetable Growers Assn.
www.mfvga.org

North Dakota Grape Growers Association
www.ndgga.org

Minnesota Grape Growers Association
www.mngrapegrowers.com