



LUXURY OF FREEDOM

Benefits of Honeysuckle Berries

Blue honeysuckle berries are rapidly gaining popularity among health-conscious gardeners looking to grow superfoods and superberries in their own backyards. As blue honeysuckle berries have by far the highest levels of anthocyanins when you compare with other berries with high content in anthocyanin (black mulberries, cornelian cherries, dewberries, blackthorns or rowanberries).

The elongated blue berries are produced by the blue honeysuckle bush, an easy-to-grow plant in the *Lonicera*, or honeysuckle, family of plants. Although also other *Lonicera* species produce berries, only the berries of the blue honeysuckle (*Lonicera caerulea*) are grown for use as food (the berries of the other honeysuckle species are mildly poisonous).



Anti-Inflammatory Properties

Growing evidence indicates that anthocyanins have anti-inflammatory activity, suggesting that anthocyanin-containing foods as blue honeysuckle berries help prevent or fight certain inflammatory conditions such as gingivitis (inflammation of the gums) and rheumatoid arthritis.

Good for the Eyes

Anthocyanins can benefit eyesight in a number of ways, including by increasing circulation within retinal capillaries, enhancing night vision, fighting macular degeneration, and preventing retinopathy in diabetic patients.





LUXURY OF FREEDOM

Inhibitory Effects Against Colon Cancer Cells

The great amount of anthocyanin in blue honeysuckle berries has important chemopreventive effects against colon cancer cells, and found that all tested anthocyanin extracts inhibited the growth of colon cancer cells.

Cardiovascular Benefits

If you've been looking for ways to fight venous insufficiency or varicose veins through diet, adding anthocyanin-rich berries such as blue honeysuckle berries might be a good start. They may help keep your veins healthy by neutralizing enzymes that destroy connective tissue, by repairing damaged proteins in the blood vessel walls, and by promoting healthy circulation. As an added bonus, blue honeysuckle berries contain high levels of chlorogenic acid, a phytochemical that provide additional vascular benefits by controlling blood pressure.

Source: <http://www.healwithfood.org>

BIG BERRY Recipe

Blue Honeysucklebery Chutney

Very good with pork, wild meat, sausage or any kind of cheese or cream cheese on crackers.
Also try as a topping for baked Brie cheese with pecans.



Ingredients

- 3 cups of fresh or frozen berries
- 1 large onion
- 1 green apple
- 2 cloves of garlic
- 1 cup of raisins
- ½ tsp of cinnamon
- ½ tsp of allspice
- ½ tsp of curry powder
- ½ tsp of ginger
- ¼ tsp ground cloves
- ¼ tsp chili powder
- ½ tsp salt
- 1 cup brown sugar
- ¾ cup cider vinegar



LUXURY OF FREEDOM

Preparation

1. Combine all ingredients in a medium to large saucepan.
2. Bring to a boil, then turn down to simmer for at least an hour, stirring occasionally to prevent sticking until it has reduced down enough to become slightly thickened.
3. Ladle into sterilized jars OR cool down and freeze in small portions.

Source: <http://haskap.ca>

