



CEDAR RIVER GARDEN CENTER

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Weekly Specials September 14th-20th

Perennials

30% Off:

Asters and Aralia

50% Off:

Fern, Ligularia, Peonies, and Coreopsis

Shrubs:

30% Off:

Hydrangea and Chokeberry

50% Off:

Yews and Roses

Gift Items:

30% Off:

Eangee Lamps

Any items with the color green on it

A Few Examples of Our Green Gift Items



Is it time to spruce up your patio area for

next season? 30% off this week





Chokeberry

30% off this week

Pictured above and to the left

This is a small berry with a big punch! This superior super fruit requires little effort in your yard and provides maximum nutritional value.

I recently read an article from the website keepnaturally.com which named the top reasons why Chokeberries should be added to your diet:

Rich In Antioxidants

High In Fiber

Cancer-Fighting Properties

Treats Urinary Tract Infection

Good Source Of Iron

Fights Cardiovascular Disease

Decreases Inflammation

Regulates Blood Pressure Levels

To completely honest, I have ZERO background in any medical field. I love this shrub for many reasons beyond the health perks. I love Chokeberries, because they are a forgiving landscape shrub.

You can plant them in the coldest spot in your yard and they will winter over with ease. They are cold hardy to zone 3, tolerant of a moisture laden soil, and can provide many pounds of fruit for your usage.

If you are wanting to plant this shrub for production, use the plants that will be larger at maturity. The smaller shrubs such as 'Ground Hog' and 'Low Mound' are excellent for a low maintenance ground cover, but are not bred for production. Shrubs such as 'Viking' and 'Iriqouis Beauty' will be larger at maturity, but can provide up to 15 pounds of fruit.

The fall colors in this plant will keep your neighbors guessing what your newest addition to your yard is.

Be prepared with a bird net, as your neighborhood Robins will assume you planted these berries for them.

Side note:

They are not a fresh eating berry. The tannins in the berry will suck the moisture out of your mouth and leave you with a bitter taste. Once the berry is frozen, baked, or boiled they become less astringent.

We had a staff member who was a true fan of the Aronia family. She would bake us delicious treats made of the berries. She has moved away and we all miss her Aronia jam, scones, and cookies to name a few... incase she is reading this... we miss you too, not just your baking.

I use them in smoothies and as a blueberry substitute in pancakes.

One ounce of berries provides:

Calories: 13

Protein: 2 grams

Fat: 0 gram

Carbs: 12 grams

Fiber: 2 grams

Vitamin C: 10% of the Daily Value (DV)

Manganese: 9% of the DV

Vitamin K: 5% of the DV

(data found at <https://www.healthline.com/nutrition/aronia-berries>)



New Tree Shipment

We are expecting a new shipment of trees during the week of September 14th.

We have not heard the confirmed date from the company yet.

We will post on our Facebook when they land. You may also call to check the status.

Confirmed List

Royal Red Maple
Brandywine Maple (seedless)
Fall Fiesta Sugar Maple
Firefall Maple (seedless)
Whitespire Birch
MN Strain Redbud
Autumn Gold Gingko
Gladiator Crabapple
Royal Raindrops Crabapple
Swamp White Oak

Northern Pin Oak
Pyramidal Arborvitae
Techny Arborvitae

To be fair to all customers, we will not hold trees.



Royal Raindrops Crabapple (Monrovia.com)



Skyrocket Juniper

50% off Red Carrier Sale

15' tall x 3-4' wide

Moderate Growth Rate

Incredibly Cold Hardy

Deer Resistant

Full Sun

Drought Tolerant



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