

ARONIA MELANOCARPA

The *Aronia melanocarpa*, or black chokeberry, is a shrub originally from North America that reaches a height of 1 metre. It is now grown above all in Eastern Europe (in Russia and Poland), and is considered a super fruit with restorative and toning properties because:

- it is one of the most powerful anti-age products in nature, since it contains antioxidants (polyphenols, flavonoids and anthocyanins), which also provide medicinal and therapy benefits (gastroprotective, hepatoprotective, antiproliferative or anti-inflammatory).
- it contains Vitamins C and K, which reinforce the immune system, lower cholesterol levels, and improve blood pressure;
- it purifies the urinary tract, and treats infections more efficiently than blueberries;
- it is high in dietary fibre.

The *Aronia* is an attractive ornamental plant, producing its small fruits for 2-3 months a year (mostly in July and August). Thanks to the fact that it adapts well to various soil conditions and is immune to fungal diseases, it is easy to grow organically, both in gardens and fields, and its juice can be easily extracted.

