

# Flavor burst

Do you want to experience something special?

Eat a sea buckthorn berry. You will wake up taste buds you never knew you had before.

I never heard of sea buckthorn before coming to North Dakota, but now it all makes sense. Sea buckthorn is one of the toughest plants in the world—perfect for one of the toughest places to live in the world. Sea buckthorn is hardy and can tolerate drought. It can tolerate salt in the soil. No bug wants to get close to it. No bird wants to eat the fruits. This indestructible shrub is from Siberia—now that is tough!

A kind gardener shared with me some sea buckthorn jelly last year. The flavor wasn't like anything I've ever tasted before. It exploded in my mouth! It was a jolt of flavor!

Was it delicious?

Not really.


Nevertheless, I'm going to grow sea buckthorn this year. It looks like a beautiful plant. The fruits are glowing and the leaves



are silvery. I have since learned its fruit-laden branches are so beautiful they are used in flower arrangements. Its fruits are full of antioxidants and have higher concentrations of vitamin C than lemons.

Although sea buckthorn is not the best tasting fruit, I want to experience it again. Even if I come to hate its taste, the fruits will add color to the winter landscape.

New varieties are being developed in Europe. Some varieties have big fruit and some varieties are reported to have less tart fruit. Commercial varieties are available from Jung, Territorial, One Green World, and Raintree nurseries, among other sources.

Are you ready for this kind of excitement? 

**NDSU**  
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