

Serviceberry

Amelanchier canadensis

Amelanchier × grandiflora

'Ballerina'



Amelanchier canadensis commonly known as Juneberry or serviceberry is a small multiple-stemmed tree or shrub belonging to Rosaceae (Rose family). It belongs in the Rosacea family, meaning that it's related to roses. It is a genus comprised of more than 20 species of deciduous shrubs. This genus also includes saskatoons, which are grown commercially for fruit production in Canada and the North Central U.S. Unfortunately, saskatoons are not considered winter hardy in Kentucky and have serious leaf spot problems in this region. Most other species of Amelanchier are cultivated for use in landscape plantings; however, several of these ornamental cultivars show potential for fruit production. The plant is native to eastern North America in Canada from Newfoundland west to southern Ontario, and in the United States from Maine south to Alabama. It is largely restricted to wet sites, particularly on the Atlantic coastal plain. Fruit of Juneberry ripens in June, hence the name – Juneberry.

Serviceberry, shadbush, shadblow, sarvice, Juneberry, wild currant, bilberry, Canadian serviceberry, chuckle-berry, currant-tree, shad-blow serviceberry, shadbush, shadbush serviceberry, sugarplum, thicket serviceberry, Canada shadbush, thicket serviceberry, shadblow serviceberry, Snowy-mespilus, Eastern serviceberry, Shadblow, Swamp shadbush, eastern shadbush and downy serviceberry are

some of the popular common names of the plant. The Serviceberry genus, Amelanchier, is from the old French word amelancier, the name of *A. ovalis* from Provence. The species, *canadensis*, means 'of Canada'. The common name of 'Serviceberry' is derived from the flower clusters being gathered for use in church services in times past. The common name of 'Shadblow' comes from the East Coast where the shrub flowers in June at the time of the running of the river herring (Atlantic Shad). Juneberry trees are popular for their beautiful foliage and delicate white flowers. It is used as a medicinal plant, food, and ornamental plant. It is sometimes made into bonsai.



Health benefits of Juneberries

With so many ways to enjoy them, it can be very easy for you to make Juneberries a part of your healthy eating habit. It's for certain that you will enjoy plenty of health benefits for doing so because they are loaded with a variety of nutrients. Some of the benefits that Juneberries offer include:

1. Stronger Immune System

Vitamin C is one of the most abundant nutrients you can obtain from Juneberries. Needless to say, enjoying these fruits on a

regular basis can help in lowering your chance of having an infection, like the common cold and flu. Especially if you are leading a stressful life, strengthening your immune system with juneberries can be advantageous.

2. Younger-Looking Skin

Other than making your immune system strong, vitamin C found abundantly in juneberries also helps make your skin remain looking young. That's because vitamin is a role player in the synthesis of collagen. So if you want to keep unsightly wrinkles at bay, eat juneberries and other vitamin C-rich foods regularly.

3. Healthier Gums

Being loaded with vitamin C, consuming juneberries on a regular basis can also help keep your smile looking fabulous. It's for the fact that vitamin C is important for healthy gums. If your gums are in a great shape, then it's easy to keep your pearly whites strong.



4. Stronger Teeth and Bones

Juneberries consists of good amount of calcium, and this is the reason why adding these blueberry-like fruits in your diet is great for keeping your lovely smile intact. Calcium also helps in strengthening the bones, and that's why regularly eating juneberries and other calcium-rich foods can help lower your osteoporosis risk.

5. Lowered Heart Disease Risk

Being rich in fiber, juneberries help remove cholesterol in the arteries. Apart from that potassium in juneberries helps lower your blood pressure, which is superb for heart disease prevention.

6. Regulated Bowel Movement

Other than promoting a healthier cardiovascular disease, fiber present plentifully in juneberries also helps in keeping constipation from striking. As a result of consuming juneberries regularly, the removal of waste products and toxins in your GI tract is facilitated. Also, your risk of having hemorrhoids can be lowered.

7. Reduced Risk of Cancer

Juneberries are also very good at lowering a person's risk of having deadly cancer. It's for the reason that they're very rich in antioxidants. In fact, some studies have shown that juneberries actually pack more antioxidants than blueberries and so many other types of berries that a lot of people are more familiar with.

8. Increased Muscle Strength

Scientists say that there is another nutrient that can be found in higher amounts in juneberries than other berries out there, and it is protein. We all know that protein is important for building and repairing muscles, thus it makes you physically strong. By the way, protein is also necessary for the production of enzymes and hormones.

Traditional uses and benefits of Juneberry

- Tea made from the root bark (mixed with other unspecified herbs) was used as a tonic in the treatment of excessive menstrual bleeding and also to treat diarrhea.
- Bath of the bark tea was used on children with worms.
- An infusion of the root was used to prevent miscarriage after an injury.
- A compound concoction of the inner bark was used as a disinfectant wash.
- The Chippewa, Cherokee, and other Native American tribes used the root-bark to cure diarrhea, indigestion, excessive menstrual bleeding, and to expel worms.
- Herbal tea can help treat excessive menstrual bleeding, alleviate menstrual pain, and stop diarrhea.
- An infusion made from the Juneberry tree's inner bark can also be used as a disinfectant wash.



Culinary Uses

- Edible fruit can be consumed raw or cooked.
- It can be eaten out of hand, used in pies, preserves etc. or dried and used like raisins.
- When the fruit is thoroughly cooked in puddings or pies the seed imparts an almond flavor to the food.
- The fruit can be eaten fresh or dried, cooked for jams, or made into wine.

Other Facts

- Plants can be grown as an informal hedge.
- Any trimming is best done after flowering.
- It is a fairly wind-tolerant species; it can be used to give protection from the wind as part of a mixed shelterbelt.
- Wood can be used for tool handles, small implements etc.
- It can hold a polish and can be used to make wooden handles, walking sticks, and fishing rods.

