

# Health Benefits of Huckleberries



Huckleberries are small round berries similar to the size of blueberries. But unlike blueberries, huckleberries contain seeds that give the berry a slight crunch. Red and dark blue or black berries can be found in evergreen forests and coastal bogs in the Pacific Northwest. Dark berries are usually sweeter.

Native Americans traditionally consumed huckleberries fresh or dried. Flowers, leaves and fruits were used as medicine and dye. Berries were often traded with settlers for milk, food and other wares. Leaves were sometimes included in ceremonial tobacco. In the Pacific Northwest, tribes held a thanksgiving feast honoring the huckleberry in July or August.

## WHAT MAKES HUCKLEBERRIES GREAT?

### Nutrition

½ cup fresh huckleberries provides 37 calories, <1 gm protein, 21 gm fiber, no fat and no cholesterol.

### Vitamins

Huckleberries are rich in a variety of antioxidants. Vitamin C, polyphenols and cyanidins fight inflammation and boost immunity and healing. Compounds in berries help lower blood sugars, improve cholesterol and boost memory and learning. High anthocyanin content may help slow cancer cell growth.

Huckleberries also provide small amounts of B vitamins thiamin, riboflavin, niacin and beta-carotene.

### Minerals

Potassium in huckleberries helps to maintain healthy blood pressure. Huckleberries also provide iron for oxygen transport and calcium for bone and heart health.

### Fiber

Huckleberries are a good source of dietary fiber which contributes to its capacity to lower blood sugars and cholesterol. Fiber also aids in weight management.



## BUYING & USING HUCKLEBERRIES

Huckleberries are rarely found in grocery stores. Instead, they can be found at farmers' markets and side stands in areas where they are grown. Ask around local residents, US Forest Service or Extension offices to see where plants are growing. Then plan an outing to pick your own in late August. Look for bushes in shady to filtered light areas such as logged areas, with light tree cover.

Huckleberry plants can be grown in shady areas or containers in your yard.

Fresh huckleberries can be tossed into salads, coleslaw, breakfast cereal or baked goods. Mashed berries can be spread on pancakes or on meats, or used in making jam, preserves, syrup or vinaigrette. Huckleberries are delicious in pies and cobblers. Freeze pureed berries for summer popsicles or add frozen puree ice cubes to lemonade or holiday drinks.

Huckleberry leaves are also rich in antioxidants and can be used to make tea. Wash and hang unblemished small bunches of leaves in shaded area until fully dried, which may take days or weeks. To speed the process, place leaves in a dehydrator for 12-24 hours.

Use 1-2 tablespoon dried leaves in 1 cup boiling water. Steep 5 to 10 minutes. Huckleberry tea is fruity, slightly tart, and caffeine-free.



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## Berry Crumble

Nosweatvegan.com

### Compote Ingredients:

- 5 cups fresh or frozen berries
- 2 Tbsp + 1 tsp cornstarch or arrowroot
- 2 Tbsp maple syrup
- 1 Tbsp lemon juice

### Oat Crumble Topping:

- 1 cup rolled oats
- 1 cup whole wheat flour
- ½ cup maple syrup
- 1 Tbsp cinammon
- ½ tsp salt

### Directions:

1. Preheat oven to 350°F.
2. Add compote ingredients to baking dish. Stir to combine and set aside.
3. In a separate bowl, add all topping dry ingredients. Stir in maple syrup to combine. Mix until large clumps start to form.
4. Pour crumbles over fruit and spread evenly.
5. Bake 35 minutes. Cool 5 minutes before serving.

## Huckleberry Waffles

Theherbeevore.com

### Ingredients:

- 2 cups all-purpose flour
- 1½ cup unsweetened almond milk
- ¼ cup coconut oil
- ½ cup fresh or frozen huckleberries
- 1 Tbsp apple cider vinegar
- 1 Tbsp baking powder
- 1 Tbsp maple syrup
- ½ tsp cinnamon
- ½ tsp vanilla

### Directions:

1. Preheat oven to 225°F.
2. Mix all ingredients together in large bowl. Scoop amount into waffle maker (see manufacturer's instructions) and close lid.
3. When crispy, place on sheet pan and put in warm oven. Continue cooking waffles until batter is used.
4. Serve with fresh berry compote.

## Huckleberry Popsicles

wildhuckleberry.com

### Ingredients:

- 1 1/4 cups fresh huckleberries
- 1/2 cup water
- 2 Tbsp honey

### Directions:

1. Place a few fresh berries in the top of a popsicle mold.
2. Add all ingredients in blender until pureed.
3. Pour pureed mixture into popsicle mold and freeze.

## Huckleberry Sauce

Foodnetwork.com

### Ingredients:

- 2 cups fresh or frozen huckleberries
- 1/3 cup granulated sugar
- 2 Tbsp cornstarch
- 2 Tbsp lemon juice
- 1½ tsp water

### Directions:

1. Place huckleberries, sugar and lemon juice in a saucepan over medium heat. Bring to boil. Then reduce heat and simmer 5-8 minutes.
2. In a small bowl, combine cornstarch and water. Slowly stir into huckleberry sauce until completely combined and sauce begins to thicken.
3. Serve on waffles, pancakes, toast, in oatmeal or with vegetables or meat.

## REFERENCES

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