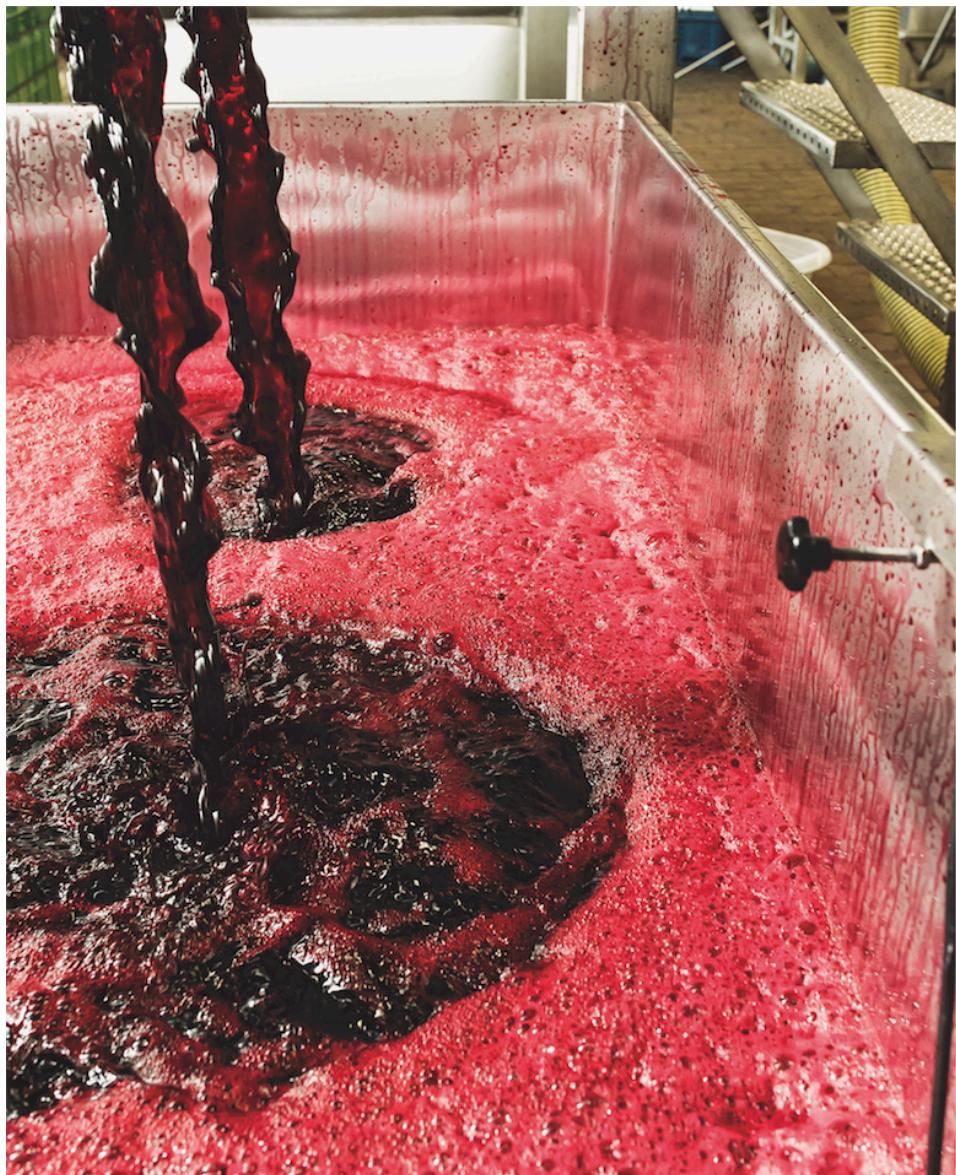


Aronia – die Beere mit herbem Charme

So herb im Geschmack, so gut in der Wirkung: Die heimische Aronia schmeckt nicht nur erfrischend anders, sondern hält auch das Immunsystem auf Trab.



GY`Vgh]b `X]W_Yb `; UfhYb VØWX Yfb 'gl WX Yb `6YYfYb `]YV\ UVYf`X]Y
5fcb]U`a]hi bhYf`j Yf[YYYbg"·8Yf`GhfUi WX `]gh\]Yfni `UbXY`_Ui a
VY_UbbhžXUVY]`[Y\ ØfYb `gY]bY `V`Ui j]c`YhhYb `; fØWX hy

YfbÀ\fi b[gd\mg]c`c[]gWX ni 'XYb'k Yfhj c``ghYb'6YYfYbUfhYb'jb
i bgYfYa ?i `hi f_fY]g"=fYb'l fgdfi b['\UhX]Y'DZUbnY]a 'Ògh]WX Yb
BcfXUa Yf]_Už]b 'XYb'YbX`cgYb'; YV]YhYb'Ub'XYf'l G!_UbUX]gWX Yb
; fYbnY"

≠'GØa dZYb'i bX'Zy i WX hYb'K U'X[YV]YhYb'[YXY]\h'XYf'GhfUi WX
Ui WX i bhYf'k]Xf][ghYb'6YX]b[i b[Yb'\Yfj cffU[YbX"8]Y'≠X]UbYf
k i gghYb'VYfY]hg'ZfØ\ i a 'X]Y'<Y]k]f_i b['i bX'_bYhYhYb'Y]bgh'Ui g
5fc]UVYYfYbž8ÒffZY]gWX i bX': Yhh'Y]bY'5fh; Ygi bX\Y]hgf]Y[Y'
zøf'BchñY]hYb'i bX'FY]gYb"l a '%-\$\$.YbhXYW_hY'XYf6chU]_Yf'≠ Ub
K 'UX]a]fck]hgWX'A]hgWX i f]b 'X]Y'DZUbnY'i bX'VfUWX hY'g]Y'bUWX
F i gg'UbX"6U'X'k i fXY'g]Y ni 'XYf'; Ygi bX\Y]hgVYYfY]b'CghYi fcdU"
<Yi hY']gh'X]Y'5fc]U'Ui WX'']b'2 ghYffY]WX'Y]a]gWX i bX'[YXY]\h
gck c\`U'g'K]XcVgh'U'g'Ui WX'U'g'N]Yf[Y\Ò'n']a ' <Ui g[UfhYb"

F Y[]c b U'ž' b UWX \ U'h]['i b X'Zf]gWX

5fc]U'a Y'UbcWXfdU''Ui hYh]\f'VchU]gWX Yf'B Ua Yž'g]Y'nÀ\`h'ni
XYb'FcgYb[Yk ÀWX gYb"=a 'Jc`_ga i bX'k]fx'g]Y'Ui WX
9XY'VYfYgWX Y'cXYf'gWX k UfnY'5dZY'VYfY'[YbUbbhž'k Y]']\fY
k Y]»Yb'6'ØhYbžX]Y'g]WX'']a 'A U]Ybhk]W_Y'bžXYb'5dZY'V'ØhYb'À\!
bY'b"8]Y'5fc]U']gh[YbØ[gUa i bX'_ca a ha]h'ZUgh'YXYa '?]a U
i bX'6cXYb'ni fYWX h"G]Y'hfÀ[h'UV'Yhk U'XYa 'Xf]hhYb'ù\ f'6YYfYb'
Y]b'6i gWX 'Vf]b[h']b'Y]bYf'GU]gc b'V]g'ni '&\$'?]`c"

I bX'k Y]'XYf': UfVghcZZ'XYf'5fc]U'Ui WX'DUFUg]hYb'gY\f'[i h'UV\À'hž
g]bX'VY]a '5bVUI '_Y]bY'DZUbnYbgWX i hna]hhY'`bØh]["8Yf'fcVi ghY
7\UfU_hYf'XYf'DZUbnY'V]XYh'g]WX'Ui WX'']a ' ; YgWX a UW_UV"8]Y
YfVgYb[fc»Yb'6YYfYbžX]Y'UV'9bXY'5i [i gh'V]g'5bZU]b[C_hcVYf
[YYfbhYh'k YfXYb'_ØbbYbžgWX a YW_Yb'fYWX h'YfVž'Y]b'k Yb][
gUi Yf'i bX'a]h'Y]bYa ' <Ui WX'GØ»Y"Fc\`k YfXYb'X]Y'6YYfYb
Y][Ybh]WX Yb'bi f'j cb'J Ø[Y`b'[Y'YggYbžXYf'\YfVY'Xi b_Y'j]c`YhhY
GUZh'UVYf'gWX a YW_h'Yfj cffU[YbX'i bX']gh'i b['Ui V']WX
YfZf]gWX YbX.'cV'di f'cXYf'a]h'K UggYf'i bX#cXYf': fi WX hgUZh
j YfXØbbh"

@Ycdc`X'<U]bX``_i `h]j]Yfh]a 'b]YXYfØghYffY]WX]gWX Yb'
A **Uf_[fUZbYi g]YX'5fc]U!8]fY_hgUZh'i bhYf'XYa 'A Uf_YbbUa Yb'**

Gc`c:]bc..` K]f`\UVYb`UbZUb[g`j]Y``YI dYf]a Ybh]Yfhži a `Y]bYb
a Ø[`]W gh`gW a UW_\UZhYb`GUZh`UbV]YhYb`ni `_ØbbYb" A]hh`Yfk Y]`Y
i a ZUggh`X]Y`DfcXi _hdU`YhhY`UVYf`b]W h`bi f`XYb`GUZhž`Yg`[]Vh`Ui W
\Yfj cffU[YbXYb` fØW hYhYYž`A Ufa Y`UXYbž`GW c_c`UXY`i bX`j]Y`Yg
a Y\`f"

š b [Vfi bbYb`5fc b]U

8Yf`; YgW a UW_`YbhghY\h`Xi fW X]Y`fch`V`Ui Y` UfVYž`X]Y`g]W j cf
U``Ya`]b`XYf`GW U`Y`XYf` fØW hY`_cbnYbhf]Yfh`8]YgYf` UfVghc ZZ
bUa Ybg`5bh\cWmUbY`[Y\Øfh`ni f` Ua`]`Y`XYf`gY_i bXÀfYb
DZUbnYbghcZZYž`Yf`_ca a h`Ui W`]b`j]Y`Yb`UbXYfYb`DZUbnYb`j cf`+b
XYf`5fc b]U`Z`bXYh`Yf`g]W`UVYf`]b`k YgYbh`]W`_cbnYbhf]YfhYfYf
: cfa "5i W`VYnØ[`]W Dc`md\Ybc`Yž`HUb b]bY`i bX`XYg`ZUfV`cgYb
CD7ž`ZUgh`U``Yf`J`jhUa`]bY`i bX`A`]bYfU`ghcZZY`\Uh`5fc b]U`X]Y`B`UgY
cZh a U`g`j cfb"5``X]YgYb`DZUbnYbghcZZYb`]gh`Y]bYg`[Ya`Y]b. `]\fY
Ubh]cl`]XUh]j`Y`K`]f_i b["1`bX`[YbUi`X]YgY`a`UW`Yb`X]Y`_`Y]bY
5fc b]U`ni`Y]bYf`XYf`k`Yfhj`c`ghYb`Y]a`]gW`Yb` fØW hY"

8Ybb`X]YgY`5bh]cl`]XUh]Yb`_ØbbYb`ZfY]Y`F`UX]_U`Y
ffYU_h]cbgZfYi`X][Y`GU`i`Yfg`h`Za`c`Y`Ø`Y`i`bgW`À`X`]W`a`UW`Ybž
g]bX`YbhñØbXi`b[g\Y a`YbX`i`bX`[Y`hYb`U`g`bUhØf`]W`Yf`GW`i`hn`ZØf
NY``Yb``9g`k`]fX`Ub`[Ybca`a`Ybž`XUgg`)\$`V]g`+\$`DfcnYbh`U``Yf
?fUb`_Y]hYb`i`bX`Ub`g]W`Ui`W`XUg`5`hYfb`gY`Vgh`Xi`fW`ZfY]Y
F`UX]_U`Y`YbhghY\Yb`VYn]Y`i`b[gk`Y]gY`Ui`Z`9bhñØbXi`b[Yb`VUg]YfYb
`XU\Yf`\Uh`X]Y`Ubh]cl`]XUh]j`Y`5fc b]UVYYfY`j`]Y`ZÀ`h`[Yb`9]bZi`gg
Ui`Z`X]Y`;`Ygi`bX\Y]h`i`bX`X]Y`@`YVYbge`i`U`]hÀ`h`[`]\fY
=b\U`hgg`h`Z`Yž`gc`fY]W`U`h`[`X]Y`Ghi`X]Yb`U`[Y`J`cf`U`Y`a`]b`XYb
I`G5`i`bX`]b`C`ghYi`fcdu`k`]fX`gY`f`j`]Y`fi`bX`i`a`5fc b]U`[Y`Z`cfgW`h`
8Ya`bUW`gc`Yb`]\fY`=b\U`hgg`h`Z`Y`b]W`h`bi`f`X]Y`VYghY`5bh]!5`[`]b[!
A`YX]n]b`gY]bž`gc`bXYfb`Ui`W`dcg]h]j`Yb`9]bZi`gg`Ui`Z
9bhñØbXi`b[Ybf`Ui`W`XYf`<`Ufbk`Y`[`]XUg`<`Yfn!`?`fY]g`Ui`ZgmghY`a`ž
X]Y`<`Ui`hž`VY]`A`U[Yb`i`bX`8`Ufa`dfcV`Y`a`Yb`i`bX`6`i`h\cW`X`fi`W
\UVYb`"

Ni`XYa`_ØbbYb`g]Y`XYf`J`Yf`_i`a`di`b[`XYg`6`i`hYg`Ybh`[Y`[Ybk`]f`Ybž
VY]`5``Yf[`]Yb`U``Yf`5fh`]\`ZfY]W`gY]b`i`bX`_fUb_a`UW`YbXYb`?`Y]a`Yb
XUg`5bg]YXY`b`]a`?`ØfdYf`YfgW`k`YfYb`i`bX`gca`]h`ZØf`Y]b`[i`hYg

=a a i bgmghYa 'gcf[Yb" & \$\$& _cbbhYb 'Vi ` [Uf]gWX Y : cfgWX Yf
bUWX k Y]gYbžXYgg'XYf'fY[Y`a Á»][Y ; Ybi gg'j cb'5fc]UgUZh'Ui WX
dcg]h]j 'Ui Z'8]UVYhYgž'7\c'YghYf]b'i bX'X]Y '@d]Xk YfhY'k]f_h'! bX
Y]bY'bYi Y'Ghi X]Y'Ui g'XYb'! G5'[]Vh'bcWX'a Y\f'<cZboi b[. 'Gc
gc``Yb'5fc]UVYYfYb'gc[Uf'? fYVgnY``Yb'UVhòhYbXY'9][YbgWX UZhYb
VYg]hnYb"

J]Y`gY]h][']b'XYf'? ØWX Y

6Y]U``X]YgYb'[Ygi bXYb'K]f_i b[Yb'XUfZ'a Ub'UVYf'XYb'[i hYb
; YgWX a UW'XYf5fc]U'b]WX h]j Yf[YggYb.'8Yf'GUZh'Ui g'XYb'6YYfYb
gWX a YW_h'\YfV'i bX'Y]WX h'gÀi Yf']WX ž'Ui WX'X]Y[YhfcWX_bYhYb
6YYfYb'\UVYb'Y]b'[i hYg'\YfVYg'5fc]a U'i bX'g]bX'Yhk U'Y]bY
\Yf]cffU[YbXY'5'hYfbUh]j Y'ni 'Fc]g]bYb" B Uh'f]WX ``UggYb'g]WX 'GUZh
i bX'6YYfYb'j]Y'ZÀ'h][']b'XYf'? ØWX Y'j Yfk YbXYb.'9]b'VYgcbXYfg
Y]bZUWX Yfž'UVYf'XUZ'f'Ui » Yf[Yk Ò\ b']WX Yf'6']W_Zub[']gh' fc hYf
5fc]U!F Y]g ž'U'gc'XYb'F Y]g'a]h'Yhk Ug'5fc]UgUZh'bcWX a U'g'_i fn
Ui Z_cWX Yb''5VYf'bUh'f]WX ``UggYb'g]WX'a]h'5fc]U'bcWX'j]Y'
k Y]hYfY'k i bXYfVUFY'; Yf]WX hY'a UWWX Yb'']b'XYa 'Gc'c:]bc!6i WX
5fc]U' 'XUg'\Y]a]gWX Y'Gi dYfZccX '[]Vh'Yg'ØVYf'&\$\$
: Ua]]YbfYnYdhY'XYf'< U]bX'g"; fi bX'[Ybi ['U'gcž'hÀ[']WX
5fc]UgUZh'ni 'hf]b_Yb''8Ybb'XUg'j]Y'Y]WX h'6YghY'XUfUb'']gh'9f
Z'fXYf'Ui WX'XYb'GhcZk YWX gY'i bX'']Zh'g'c'VY]a '5VbY\ a Yb"

Nk Y]: fU[Yb'Ub '@Ycdc'X'< U]bX'ž'Gc'cZ]bc!7\YZ'i bX'5fc]U!
: Ub.

K Yg\U'V'\UVYb'G]Y'g]WX '[YfUXY'Z'f'XYb'5bVUi'j cb'5fc]U!
DZUb nYb'Yb hgWX]YXYb 3
@Ycdc'X'< U]bX'. K Y]']WX'XUg'; YZ'f'\UhhYž'XUgg'X]YgY'6YYfY'Z'f
X]Y'\Yi h][Y'NY]h'a]h'X]YgYf'I bnU'\Ub'gWX ÁX']WX Yb
I a k Y'hY]bZ'ggYb'i bX'N]j]]gUh]cbg_fUb_\Y]hYb'k]Y[YgWX UZZYb
]gh'8]Y'5fc]UUVYYfY'[Y\Òfh'ni 'XYb'g'c[YbUbhYb'Gi dYfZfØWX hYbž
X]Y'g]WX'U'Y'Xi fWX'']fY'\'c\Y'Ubh]cl]XUh]j Y'? UdUn]hÀh
Ui gnY]WX bYb"

=\ f'GUZh'gWX a YW_h'gc '[i h''K]Y'k]fX'Yf'j YfUfVY]hYh3
@Ycdc`X`< U]bX` K]f'dfYggYb`bi f`Zf]gWX '[YdZØW_hY
5fcb]UVYYfYb`j cb`i bgYfYb`Y][YbYb`?i `hi fYb`]b
A Uf_[fUZbYi g]YX``; `Y]WX`bUWX`XYf`9fbhY`k YfXYb`g]Y`c\bY
]f[YbXk Y`WX Y`Nk]gWX YbgWX f]hhY`k]Y` fcghYb`cXYf`hU[Y`Ub[Y
?Ø\`hfUbgdcfhY`gcZcfh`a`Y][YbYb`6Yhf]YV`ni`GUZh`j YfYXY`h``8]YgY
fUgWX Y`J YfUfVY]hi b[`gh`Ui WX`XYf`GW`ØggY`ZØf`XYb`VYgcbXYfYb
; YgWX a UW`i bgYfYg`GUZhYg`I`bgYf`A chhc`B i f`k Ybb`X]Y`[YgUa`hY
DfcXi _h]c`bg`YhhY`]b`Y]bYf`< UbX`]ghž`_ca`a`h`X]Y`E`i`U`]hÀh`Ui`WX`]b
XYf` `UgWX Y`Ub"





6Ygi WX Yb 'G]Y i bg'Ui Z 'ZY]gWX i bXWc "Uh