

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`jb`X]W_Yb`; UfhYbVØWYfb`gi WXYb`6YYfYb`]YV\UVYf`X]Y
5fcb]U`a`]hi bhYf`j Yf[YVYbg`"8Yf`GhfUi WXY`]gh\]Yfni`UbXY`_Ui a
VY_Ubbhž`XUVY`] Y\ØfYb`gY]bY`V`Ui j]c`YhhYb`: fØW hY

YfbÄ\fi b[gd\mg]c`c[]gW\`ni`XYb`k Yfhj c``ghYb`6YYfYbUfhYb`]b
i bgYfYa`?i`hi f_fY]g"≠fYb`l fgd fi b[`\Uh`X]Y`DZUb nY`]a`Ögh]W\Yb
BcfXUa Yf]_Už`]b`XYb`YbX`cgYb`; YV]YhYb`Ub`XYf`l G!_UbUX]gW\Yb
; fYbnY"

≠`GØa dZYb`i bX`ZYi W\hYb`K U`X[YV]YhYb`[YXY]\h`XYf`GhfUi W\
Ui W\`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
5fcb]UVYYfYbž`8ÖffZY]gW\`i bX`: Yhh`Y]bY`5fh`; Ygi bX\Y]hgf]Y[Y`
ZØf`BchnY]hYb`i bX`FY]gYb``l a`%- \$\$`YbhXYW_hY`XYf6chUb]_Yf`≠ Ub
K`UX]a]fck]hgW\`A]hgW\`i f]b`X]Y`DZUb nY`i bX`VfUW\hY`g]Y`bUW\
Fi gg`UbX``6U`X`k i fXY`g]Y`ni`XYf`; Ygi bX\Y]hgVYYfY`]b`C ghYi fcdU`
<Yi hY`]gh`X]Y`5fcb]U`Ui W\`]b`² ghYffY]W\`\Y]a]gW\`i bX`[YXY]\h
gck c\`U`g`K]XcVgh`U`g`Ui W\`U`g`N]Yf[Y\Ö`n`]a`<Ui g[UfhYb"

F Y[]cbU`ž`bUW\`U`h][`i bX`Zf]gW\

5fcb]U`a Y`UbcWUfdU`Ui hYh`]\f`VchUb]gW\Yf`BUa Yž`g]Y`nÄ\`hni
XYb`FcgYb[Yk ÄW\gYb``≠a`Jc`_ga i bX`k]fX`g]Y`Ui W\
9XY`VYfYgW\Y`cXYf`gW\k UfnY`5dZY`VYfY`[YbUbbhž`k Y`]`\fY
k Y]»Yb`6`ØhYbž`X]Y`g]W\`]a`A U]Yb`hk]W_Y`bž`XYb`5dZY`V`ØhYb`Ä\!
bY`b``8]Y`5fcb]U`]gh[YbØ[gUa`i bX`_ca`a`h`a`]hZUgh`YXYa`?`]a U
i bX`6cXYb`ni fYW\h`G]Y`hfÄ[h`UV`Yhk U`XYa`Xf]hYb`≠J\`f`6YYfYb`
Y]b`6i gW\`Vf]b[h`]b`Y]bYf`GU]gcb`V]g`ni`&\$`?`]c"

I bX`k Y`]`XYf`: UfVghcZZ`XYf`5fcb]U`Ui W\`DUfUg]hYb`gY\`f[i h`UV\Ä`hž
g]bX`VY]a`5bVUi`_Y]bY`DZUb nYbgW\`i hna`]hY``bØh][`"8Yf`fcVi ghY
7\UfU_hYf`XYf`DZUb nY`V`]XYh`g]W\`Ui W\`]a`; YgW\`a UW`UV``8]Y
YfVgYb[fc»Yb`6YYfYbž`X]Y`UV`9bXY`5i [i gh`V]g`5bZUb[`C_hcVYf
[YYfbhYh`k YfXYb`_ÖbbYbž`gW\`a YW_Yb`fYW\h`\YfVž`Y]b`k Yb][
gUi Yf`i bX`a`]h`Y]bYa`<Ui W\`GØ»Y``Fc\`k YfXYb`X]Y`6YYfYb
Y][Ybh`]W\Yb`bi f`j cb`J Ö[Y`b`[Y[YggYbž`XYf`\YfVY`Xi b_Y`]c`YhhY
GUZh`UVYf`gW\`a YW_h`\Yfj cffU[YbX`i bX`]gh`i b[`Ui V`]W\
YfZf]gW\YbX.`cV`di f`cXYf`a`]h`K UggYf`i bX`#cXYf`: fi W\hgUZh
j YfXØbbh"

@Ycdc`X`<U]bX``_i`h]j]Yfh`]a`b]YXYfÖghYffY]W\]gW\Yb`

A Uf_[fUZbYi g]YX`5fcb]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]Yfh`i a `Y]bYb
a Ò[`]W gh`gW a UW\UZhYb`GUZh`UbV]YhYb`ni `_ÒbbYb"A]h`Yfk Y]`Y
i a ZUggh`X]Y`DfcXi _hdU`YhhY`UVYf`b]W h`bi f`XYb`GUZh`Yg[]Vh`Ui W
\Yfj cffU[YbXYb`: fØW hYhYYžA Ufa Y`UXYbž`GW c`c`UXY`i bX`j]Y`Yg
a Y`f"

› b[Vfi bbYb`5fcb]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`: UfVghcZ
bUa Ybg`5bh`cWmUbY`[Y\Òfh`ni f`: Ua `]Y`XYf`gY`i bX`fYb
DZUbnybghcZYZ`Yf`_ca a h`Ui W`]b`j]Y`Yb`UbXYfYb`DZUbnyb`j cf"÷
XYf`5fcb]U`Z]bXYh`Yf`g]W`UVYf`]b`k YgYbh`]W`_cbnYbhf]YfhYfYf
: cfa "`5i W`VYnØ[`]W`Dc`md`Ybc`Yž`HUb]bY`i bX`XYg`ZUfV`cgYb
CD7ž`ZUgh`U`Yf`J]hUa]bY`i bX`A]bYfU`ghcZYZ`U`h`5fcb]U`X]Y`B UgY
cZha U`g`j cfb"5`X]YgYb`DZUbnybghcZYZb`]gh`Y]bYg`[Ya Y]b.`]\fY
Ubh]cl]XUh]j Y`K]f`i b["I bX`[YbUi `X]YgY`a UWYb`X]Y`_Y]bY
5fcb]U`ni `Y]bYf`XYf`k Yfhj c`ghYb`Y]a]gWYb`: fØW hY"

8Ybb`X]YgY`5bh]cl]XUbh]Yb`_ÒbbYb`ZfY]Y`FUX]_U`Y
ffYU`h]cbgZfYi X][Y`Gui YfghcZa c`Y`Ø`YŁ`i bgW`ÅX`]W`a UWYbž
g]bX`YbhmØbXi b[g`Ya a YbX`i bX`[Y`hYb`U`g`bUhØf`]WYf`GW i m`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
FUX]_U`Y`YbhghY`Yb`VYn]Y`i b[gk Y]gY`Ui Z`9bhmØbXi b[Yb`VUg]YfYb
`XU`Yf`\Uh`X]Y`Ubh]cl]XUh]j Y`5fcb]UVYfYf`j]Y`Z`h][Yb`9]bZi gg
Ui Z`X]Y`; Ygi bX`Y]h`i bX`X]Y`@YVYbgei U`]h`h"Gc`j]Y`Z`h][`]\fY
÷\U`hgghcZYZ`ž`gc`fY]W`U`h][`X]Y`Ghi X]Yb`U[Y""J cf`U`Ya `]b`XYb
I G5`i bX`]b`CghYi fcdU`k]fX`gY`f`j]Y`fi bX`i a`5fcb]U`[YZcf`gW`h"
8Ya bUW`gc`Yb`]\fY`÷\U`hgghcZYZ`b]W`h`bi f`X]Y`VYghY`5bh]!5[]b[!
A YX]n]b`gY]bž`gcbXYfb`Ui W`dcg]h]j Yb`9]bZi gg`Ui Z
9bhmØbXi b[YbfUi W`XYf`<Ufbk Y[Łž`XUg`<Yfn!?fY]g`Ui ZgmghYa ž
X]Y`<Ui hž`VY]`A U[Yb!`i bX`8Ufa dfcV`Ya Yb`i bX`6`i h`cW`Xfi W_
\UVYb"

Ni XYa `_ÒbbYb`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 UWYbXYb`?Y]a Yb
XUg`5bg]YXY`b`ja `?ØfdYf`YfgW`k YfYb`i bX`gca]h`ZØf`Y]b`[i hYg

æ a i bgmghYa `gc f[Yb""&\$ \$&`_cbbhYb`Vi `[Uf]gWXY` : c f gWXYf
bUWk Y]gYbžXUgg`XYf`fY[Y`a Å»][Y` ; Ybi gg`j cb`5fcb]UgUZh`Ui W
dcg]hj`Ui Z8]UVYhYgž7\c`YghYf]b`i bX`X]Y`@d]Xk YfhY`k]f_h`i bX
Y]bY`bYi Y`Ghi X]Y`Ui g`XYb`i G5`[]Vh`bcW`a Y`f`<cZZbi b[.`Gc
gc`Yb`5fcb]UVYYfYb`gc[Uf`? fYVgnY`Yb`UVh`OhYbXY`9][YbgWUZhYb
VYg]hnYb"

J]Y`gY]h][`]b`XYf`? ØWXY

6Y]`U`X]YgYb`[Ygi bXYb`K]f_i b[Yb`XUfZ`a Ub`UVYf`XYb`[i hYb
; YgW`a UW`XYf5fcb]U`b]W`h`j Yf[YggYb.`8Yf`GUZh`Ui g`XYb`6YYfYb
gW`a YW`h`YfV`i bX`Y]W`h`g`Åi Yf`W`ž`Ui W`X]Y`[YhfcW`bYhYb
6YYfYb`\UVYb`Y]b`[i hYg`YfVYg`5fca U`i bX`g]bX`Yhk U`Y]bY
\Yfj cffU[YbXY`5`hYfbUh]j Y`ni `Fcg]bYb`"BUhØf`]W`UggYb`g]W`GUZh
i bX`6YYfYb`j]Y`Ž`h][`]b`XYf`? ØWXY`j Yfk YbXYb.`9]b`VYgcbXYfg
Y]bZUWYfž`UVYf`XUZØf`Ui » Yf[Yk Ø`b`]W`Yf`6`]W`ZUb[`]gh`fchYf
5fcb]U!F Y]g ž`U`gc`XYb`F Y]g`a]h`Yhk Ug`5fcb]UgUZh`bcW`a U`g`_i fn
Ui Z_cW`Yb`"5VYf`bUhØf`]W`UggYb`g]W`a]h`5fcb]U`bcW`j]Y`
k Y]hYfY`k i bXYfVUfY` ; Yf]W`hY`a UW`Yb` `]b`XYa`Gc`c:]bc!6i W
5fcb]U` `XUg`\Y]a]gW`Y`Gi dYfZccX`[]Vh`Yg`ØVYf`&\$ \$
: Ua `]]YbfYnYdhY`XYf`<U]bX`g"; fi bX`[Ybi [`U`gcž`hÅ[`]W
5fcb]UgUZh`ni `hf]b_Yb`"8Ybb`XUg`j]Y`Y]W`h`6YghY`XUfUb`]gh`9f
ZØfXYfh`Ui W`XYb`GhcZZk YW`gY`i bX`\]Zh`gc`VY]a`5VbY`a Yb"

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

K Yg`U`V`\UVYb`G]Y`g]W`[YfUXY`ZØf`XYb`5bVUi`j cb`5fcb]U!
DZ`Ub`nYb`Yb`hgW`jYXYb3
@Ycdc`X`<U]bX`. `K Y`]W`XUg`; YZØ`\`UhhYž`XUgg`X]YgY`6YYfY`ZØf
X]Y`\Yi h][Y`NY]h`a]h`X]YgYf`i bnU`\`Ub`gW`ÅX`]W`Yb
I a k Y`hY]bZØggYb`i bX`N]j`]]gUh]cbg_fUb`\Y]hYb`k]Y`[YgW`UZZYb
]gh`8]Y`5fcb]UVYYfY`[Y\Øfh`ni`XYb`gc[YbUb`bhYb`Gi dYfZfØW`hYbž
X]Y`g]W`U`Y`Xi fW`]YfY`\c`Y`Ub]cl]XUh]j Y`? UdUn]h`h
Ui gnY]W`bYb"

⇒f'GUZh'gW a YW_h'gc '[i h" 'K]Y 'k]fX 'Yf'j YfUfVY]hYh3
@Ycdc`X`<U]bX`. 'K]f'dfYggYb`bi f'Zf]gW '[YdZØW_hY
5fcb]UVYYfYb'j cb'i bgYfYb`Y][YbYb`?i`hi fYb`]b
A Uf_[fUZbYi g]YX`""; `Y]W`bUW`XYf'9fbhY`k YfXYb`g]Y`c`bY
]f[YbXk Y`WY`Nk]gWYbgW`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
fUgWY`J YfUfVY]hi b[`]gh`Ui W`XYf`GW`ØggY`ZØf`XYb`VYgcbXYfYb
; YgW a UW`i bgYfYg`GUZhYg"l bgYf`A chhc.`Bi f`k Ybb`X]Y`[YgUa`hY
DfcXi`_h]cbg_YhhY`]b`Y]bYf`<UbX`]ghž`_ca`a`h`X]Y`E`i`U`]hÅh`Ui W`]b
XYf':`UgWY`Ub"





6Ygi W\Yb`GjY`i bg`Ui Z.`ZY]gW\i bXW¢"Uh