

What is Sea Buckthorn

Latin Name & Common Names

- Hippophae rhamnoides L.
- Sea buckthorn, Siberian pineapple, Sea Berry, Sandthorn or Swallowthorn *CN*.

Habitat

- It is native from northwestern Europe, through central Asia to the Altai Mountains to western and northern China and the northern Himalayas.

Historic Uses

- Used in ancient Greece as a fodder for horses to promote weight gain and a shiny coat. In fact, the generic Latin name "Hippophae" literally translates to "shiny horse".
- Sea buckthorn has been used for centuries in both Europe and Asia as food; and for its pharmaceutical properties.
- Anecdotal reports indicate sea buckthorn was used in ancient times to:
 - Lower fever, reduce inflammation, counteract toxicity and abscesses, and clean the lungs.
 - Treat colds and coughs.
 - Treat tumours and growths, especially of the stomach and the oesophagus.

Current Uses

Functional Food

- Juice from sea buckthorn berries is a common drink in many parts of Asia and Europe. The juice is very high in protein, vitamins C and E, and organic acids.
- The leaves, either fresh or dried, can be steeped to yield a nutritional tea.

Medicinal

- Topical application of sea buckthorn oil has been reported for skin therapy including sun, heat, chemical and radiation burns, eczema and poorly healing wounds. Russian cosmonauts used sea buckthorn cream for protection from cosmic radiation.
- Oil from the sea buckthorn fruit is rich in Vitamin E, carotenoids, phytosterols and essential fatty acids, all of which have beneficial medicinal properties for the treatment of internal and topical maladies.



Information Source:

- Canadian Ministry of Agriculture Food & Rural Affairs.
- www.okanaganseabuckthorn.com



**sea buckthorn
liqueur**

24% alc. /vol. 375 ml

SEA BUCKTHORN
Sea Buckthorn berries grow wild throughout the Okanagan Valley. They have numerous health properties but are particularly well known for being rich in Vitamin C. Our Sea Buckthorn liqueur is very enjoyable neat or over ice. Alternative applications are as a dessert dressing/ pairing or mixed in a healthy fruit tea.

Check out our website for more delicious cocktails and recipes from Okanagan Spirits.

Product of Canada
100% BC Product

Okanagan Spirits
2920 28th Ave.,
Vernon BC, Canada
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Set in the heart of the Okanagan Valley, Okanagan Spirits is the region's premium distillery, making specialty spirits. All of our products are made using only BC fruits and they come with our guarantee that no artificial flavours, preservatives or chemicals have been added.

Okanagan Spirits is proud to claim that we produce a 100% BC product.
Refrigerate once open.

Ingredients:
Seabuckthorn, fruit alcohol, sugar.

Other Liqueurs available:
Raspberry, blackcurrant, cherry, blueberry and cranberry.

Sea Buckthorn Liqueur

- Available exclusively from the Okanagan Spirits Distillery
 - Small batch production
 - \$35.00 per bottle

Okanagan Spirits
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