

Nature Notes

Red Twinberry



Along the trails of the Nature Park, Red Twinberry is one of the more common shrubs and can be found from the lowest elevation to the highest elevation in moist forests and clearings. It is sometimes called Utah Honeysuckle as it was first found and named in that state.

Red Twinberry is usually between 3 and 5 feet high and has the thin stems and opposite leaves shared by all members of the honeysuckle family. Beginning in early May, the creamy colored twin flowers appear on shrubs growing at lower elevations. As the season progresses, the flowers bloom at higher elevations.



Red Twinberry Flowers Photo Kent Goodwin



Red Twinberry berries Photo: Ruth Goodwin

By mid July the paired, red twinberries can be found. The berries are joined at the base and can be of unequal size. The berries are edible but not tasty.

The Okanagan First Nations sometimes ate the berries in emergencies as a source of water as the berries are so juicy. The flowers are thought to be a source of nectar for hummingbirds and the berries are enjoyed by birds.

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