

HERBALPEDIA

RASPBERRY



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Rubus idaeus

[ROO-bus eye-DAY-ee-us]

Family: Rosaceae

Names: European wild raspberry, Ahududu, American Red Raspberry, bramble of Mount Ida, hindberry, raspbis; Common Red Raspberry, Framboises, Frambosia, Frambueso, Red Raspberry, Wild Raspberry, hindberry, raspbis; Framboisier (French); Himbeerstrauch, Himbeere (German); lampone, lampine (Italian); frambueso (Spanish); malina wlasciwa (Polish)

Description: Shrub with perennial roots and biennial, woody stems to 5 feet that usually have prickles but occasionally lack them entirely. The oval leaves have markedly serrated edges and are arranged in groups of three or seven. The underside is downy. From spring to summer in the second year, clusters of small, white flowers appear in the upper axils. They are followed by fragrant, cone-shaped

clusters of soft red berries. It is hardy to zone 3 and is not frost tender. It is in leaf from April to November, in flower from June to August, and the seeds ripen from July to September. The flowers are hermaphrodite and are pollinated by bees and flies. The plant is self-fertile.

Cultivation: Prefers a good deep well-drained loamy soil on the acid side. Dislikes very heavy soils, light soils and alkaline soils. Prefers an open position but tolerates some shade. Plants crop less well when grown in the shade of trees though they do well in the open on a north-facing slope. Requires a position sheltered from strong winds. Prefers a pH between 6 and 6.5. Raspberries are frequently cultivated in temperate regions of the world, both in the garden and commercially, for their edible fruit. There are many named varieties able to supply fresh fruit from mid-summer to the autumn. All varieties are self-fertile. This species has biennial stems, it produces a number of new stems each year from the perennial rootstock, these stems fruit in their second year and then die. It is best not to grow raspberries near blackberries or potatoes. Plants in this genus are notably susceptible to honey fungus.

Seed requires stratification and is best sown in early autumn in a cold frame. Stored seed requires one month stratification at about 35°F and is best sown as early as possible in the year. Prick out the seedlings when they are large enough to handle and grow on in a cold frame. Plant them out into their permanent positions in late spring of the following year. Cuttings of half-ripe wood, July/August in a frame. Tip layering in July. Plant out in autumn. Division in early spring or just before leaf-fall in the autumn. The young shoots are

harvested as they emerge through the ground in the spring and whilst they are still tender. The leaves are harvested in the summer and dried for later use.

History: Wild raspberries have been picked and eaten since prehistoric times. According to Dioscorides, the raspberry originated at Mount Ida, in Crete, from which it got its names “Mount Ida bramble” and *idaeus*. In Today, cultivated varieties are still made into jams, jellies, and liqueurs such as *Framboise*. Home-made raspberry vinegar, now exclusively used in cooking, was once taken for fevers and sore throats. In 1735, the Irish herbalist K’Eogh described uses for raspberry flowers and fruit: “An application of the flowers bruised with honey is beneficial for inflammations of the eyes, burning fever and boils...The fruit is good for the heart and diseases of the mouth.” Herbals of this time recommended the fresh fruit for dissolving tartar on the teeth. Raspberry leaves have also been taken for centuries, often in the form of a tea, to help speed childbirth. Native Americans used the shrub as an astringent, making an infusion, or tea, of the root bark, which they applied to sore eyes. In Alaska, Dena’ina Athabascans use the height of the summer raspberry canes as a basis for predicting snowfall: short canes foretell scanty snow cover, and tall ones assure a deep, white winter. Language of Flowers: remorse

Constituents: Leaves: volatile oil, polypeptides, flavonoids, anthocyanidins, tannins; berries: citric acid, malic acid, pectin, fruit sugars, vitamins A, B1, and C

Properties: astringent, tonic, refrigerant, parturient, emmenagogue, febrifuge, hemostatic, mild alterative

Energetics: mild, bitter, cool

Meridians/Organs affected: spleen, liver, kidneys

Medicinal Uses: The leaf is the most valuable medicinal part of the raspberry and a tea is

traditionally drunk by expectant mothers during the last three months of pregnancy to strengthen the uterus and to ease painful contractions during labor as well as checking any hemorrhage. This action will occur if the herb is drunk regularly throughout pregnancy and also taken during labor. Although the specific mode of action is unknown, the leaves are thought to strengthen the longitudinal muscles of the uterus, increasing the force of contractions and thereby hastening childbirth. The gentle astringency of raspberry leaves is also helpful for diarrhea in children, and an infusion makes a good mouthwash for ulcers and bleeding gums. It is used to treat irregular and excessive menstruation. Externally, the leaves and roots are used as a gargle to treat tonsillitis and mouth inflammations, as a poultice and wash to treat sores, conjunctivitis, minor wounds, burns and varicose ulcers. The fruit is antiscorbutic and diuretic. Fresh raspberry juice, mixed with a little honey, makes an excellent refrigerant beverage to be taken in the heat of a fever. Made into a syrup, it is said to have a beneficial effect on the heart. The fruit is nutritious and mildly astringent.

Raspberries contain anthocyanidins, know to fight free radicals, reduce blood vessel plaque formation and maintain capillary blood flow. Helpful for Alzheimer’s disease.

Raspberry leaves combined with ginger treat all kinds of nausea, and with a pinch of cayenne, they promote blood circulation in the feet and hands.

The Chinese use it to treat the liver and spleen, to tonify female genital organs, to regulate menstruation and to ease childbirth.

Combinations:

Treatment of skin problems: burdock, yellow dock, cleavers and blue flag

Dosage:

Infusion: Pour a cup of boiling water onto 2 tsp of the dried herb and let infuse for 10-15 minutes. Drink freely

Tincture: Take 2-4ml 3 times a day

Raspberry Vinegar:

4 cups organic apple cider vinegar, 1 lb wild raspberries, 1 lb raw brown sugar.

Crush the raspberries with a pestle and macerate in the vinegar for 10 days. Carefully strain. Simmer the liquid at low heat and dissolve the sugar. Let cool, bottle, seal and store in a cool place. This vinegar is effective, whether pure or diluted, in treating flu, diarrhea, fatigue or even a drop in blood pressure. In a cure, take 3 Tbsp, 3 times daily.

Remedies:

Alzheimer's Tea

2 Tbsp raspberry leaves
2 tsp black currant leaves
2 cups boiling water

Combine the herbs in a glass container and cover with the water. Steep for 30 minutes. Strain. Take half a cup several times a day.

Veterinary: For retention of puppies, Juliette de Bairacli Levy advises bitches be given two tablespoons powdered raspberry leaves mixed with molasses and water at four-hour intervals for several days. Dog breeders who administer raspberry tea freely throughout their animals' pregnancies report easy whelping.

Toxicity: Do not take medicinally during the early stages of pregnancy

Cosmetic Uses: To reduce tartar on your teeth, brush with raspberry syrup. Afterward, rinse thoroughly to remove all traces of the sweetener. Add raspberry leaves to herbal baths and to facial steams and facial packs for oily skin. For a rinse reputed to darken the hair, massage the scalp with a strong leaf decoction; rinse well after fifteen minutes.

Other Uses: A purple to dull blue dye is obtained from the fruit. A fiber obtained from the stems is used in making paper. The stems are harvested in the summer after the fruit has been eaten, the leaves are removed and the stems are steamed until the fibers can be stripped. The fibers are cooked for 2 hours with lye and then hand beaten with mallets or ball milled for 3 hours. The paper is light brown in color. A decongestant face-mask made from the

fruit is used cosmetically to soothe reddened skin.

Culinary Uses: Fruit - raw or cooked. Delicious when eaten out of hand, the fruit is also used in pies, preserves etc. Root - cooked. The root, which should be neither too young nor too old, requires a lot of boiling. Young shoots - peeled and eaten raw or cooked like asparagus. A herb tea is made from the dried leaves. Another report says that a type of tea made from raspberry and blackberry leaves is an excellent coffee substitute.

Recipes:

Raspberry Wine

4 lb raspberries
3 lb sugar
7 pints water
pectic enzyme
yeast and nutrient

Pour the boiling waer over the crushed fruit and allow to cool. Add the enzyme, cover well, and leave for 3-4 days, stirring daily. Strain through a fine nylon sieve onto the sugar and stir until it has all dissolved. Add the yeast and nutrient and leave covered for a day in a warm place. Pour the liquid into a fermenting jar and fit an air-lock. Rack when the wine clears and again a few months later before bottling. (Nature's Harvest)

Raspberry Liqueur

1 lb 4 oz fresh, very ripe black raspberries
2 2/3 cup sugar
1 quart 100 proof alcohol
2 Tbsp raspberry syrup

Put the ingredients in a jar in above order without stirring. Let it stand for a month, tightly capped. Filter and bottle (Herbally Yours)

Red Raspberry Soup

1 ½ pints red raspberries
1 ½ cup chicken stock
2 Tbsp low-acid red raspberry vinegar
1 cup buttermilk
6 or 7 fresh basil leaves, cut in a thin julienne
1-3 Tbsp granulated sugar

2 cups smoked chicken meat, cut 1 a thin julienne
freshly ground black pepper
pinch salt
½ cup plain yogurt
fresh basil leaves for garnish

Set aside ½ pint of berries. Place the remaining raspberries in a blender or food processor, along with the chicken stock and raspberry vinegar. Process until the mixture is smooth, strain through a fine sieve or cheesecloth, and place in a medium-sized bowl. Stir in the buttermilk and the basil. Add 1 tablespoon of sugar and taste the soup. Continue to add sugar in very small quantities, tasting between additions, until the soup has the right degree of sweetness, just enough to accent the berry flavor but not so sweet as to taste like a dessert soup. The amount will vary depending on the sweetness of the berries. Add the chicken meat, reserved raspberries, several turns of black pepper, and a pinch of salt, and chill the soup for at least 1 hour before serving. To serve, ladle into chilled bowls and garnish with a generous spoonful of yogurt and a basil leaf. This soup is best served on the day it is made.

Raspberry Fool

1 lb raspberries
¼ pint water
juice of 1 lemon
¼ pint custard
1 oz sugar
¼ pint cream

Place the raspberries, water and lemon juice in a pan and simmer until soft. Rub through a sieve and stir in the sugar and custard. Whip the cream until thick and fold into the raspberry mixture. Chill before serving. (Nature's Wild Harvest)

Red Berry Soup

12 oz frozen strawberries (not in syrup), defrosted
½ cup marinated raspberries from Raspberry Chardonnay
½ cup Raspberry Chardonnay
1 Tbsp sugar

½ cup half-and-half

In food processor, puree strawberries and raspberries. Bring wine and sugar to a boil in a small saucepan over medium-high heat. Boil, stirring constantly, 1 minute. Remove from heat and cool for a few minutes. Slowly stir in half-and-half. Return to heat, bring to a boil, and cook, stirring constantly, 1 minute. Remove from heat and let cool about 5 minutes. Add cooked mixture to berries in food processor. Blend well. Transfer to a glass bowl, cover with plastic wrap, and refrigerate for at least 2 hours before serving.

Raspberry Chardonnay

1 package (10 oz) frozen raspberries, defrosted, with juice

1 ½ cups Chardonnay

Pour raspberries and juice into a 1-quart jar. Pour wine over and cover. Refrigerate for at least 2 weeks before testing flavor.

Connecticut Wild Black Raspberry Chiffon Pie

1 Tbsp unflavored gelatin
½ cup cold water
1 pint fresh black or red raspberries, crushed
3 eggs, separated
¾ cup sugar
¼ tsp salt
½ cup heavy cream, whipped

1 graham cracker crust or baked pie crust

Soften gelatin in water 10 minutes. Heat raspberries without bringing to boil; add egg yolks beaten with ½ cup sugar. When slightly thickened, add gelatin. Remove from heat and add salt. Cool thoroughly until mixture begins to congeal, not set. Beat egg whites until stiff while gradually adding remaining ¼ cup sugar. Fold egg whites and half of whipped cream into berry mixture. Pour into crust; spread remaining whipped cream around rim of plate leaving center exposed. Refrigerate at least 4 hours before serving. (Connecticut a la Carte)

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