

CLOUDBERRY



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Rubus chamaemorus

[ROO-bus]

Family: Rosaceae

Names: Baked-apple Berry, Bramble, Dwarf mulberry, bakeapple, salmonberry, Hjortron, multebär, myrbär, snåtterblomma, solbär (Swedish); Molte (Norwegian); Muldebær (Danish); Muurain, Hilla, Lakka (Finnish); Moltebeere (German); Braamsoort (Dutch)

Description: The cloudberry is a dioecious perennial herb. The plant spreads mainly by means of an extensive rhizome system. Annual

shoots consisting of from one to four lobed leaves may terminate in a single staminate or pistillate flower. Insect pollination is required for fruit set to occur in most places though wind pollination may also contribute to fruit set in coastal windswept areas. It is hardy to zone 2. It is in flower from June to August, and the seeds ripen from July to September. The flowers are dioecious and are pollinated by bees and flies. The plant is not self-fertile. The cloudberry is a circumpolar, subarctic species. It can be found as far north as 78°30' N in Svalbard, Norway and its distribution extends south to 44°N in New Hampshire, U.S.A. It is a common plant in northern Norway, and is also found in the highland areas and mountains farther south.

Cultivation: Easily grown in a good well-drained loamy soil in sun or semi-shade. Avoids calcareous soils in the wild and is often found in boggy soils. Propagate by seed - requires stratification and is best sown in early autumn in a cold frame. Stored seed requires one month stratification at about 37°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. Division in early spring or just before leaf-fall in the autumn. The cloudberry is difficult to propagate relative to other bramble species. Large turfs must be dug when collecting selections from the wild to ensure transplant survival. Further propagation of the selection can be made through the use of rhizome cuttings. The success rate with rhizome cuttings has been greatly improved by increasing the length of the cutting from about 7 cm to 15 to

20 cm. The best results have been obtained when the rhizome cuttings are taken in May or August. Although the cloudberry proliferates readily in tissue culture, explant rooting remains a major problem.

History: So hard to come by in the Berwyn Mountains of Wales that in the parish of Llanrhaiadr anyone bringing a quart of the berries to the parson on the morning of St. Dogfan's (the parish saint) Day would have his tithes remitted for the year. (few berries because of the overwhelming preponderance of male plants). Cloudberry was favored in the prevention of scurvy by Norwegian sailors and North American Eskimos. The clan plant badge of the MacFarlanes. The clan plant badges were adopted in order to help distinguish further between clans wearing similar and confusing tartans. The custom was revived from earlier times for the visit of George IV to Edinburgh in 1822.

Constituents: ascorbic acid, benzoic acid, Vitamin A, magnesium

Properties: Febrifuge; Infertility

Medicinal Uses: A decoction of the roots has been used as 'woman's medicine. A decoction of the root and lower stem has been used by barren women to try and become pregnant. The root has been used in the treatment of coughs, fevers and consumption.

Other Uses: A purple to dull blue dye is obtained from the fruit. Cloudberry Seed Oil: Cloudberry seeds yield oil which is not only rich in Essential Fatty Acids, phytosterols and antioxidants, but also carries the aroma of fresh cloudberry. Gold-colored.

Culinary Uses: The fruit is eaten raw or cooked. Sour but delicious, the fruit can be eaten out of hand or stewed, used in preserves, pies etc. Rich in vitamin C. The sweet fruit tastes like baked apples. The flowers are edible. The fresh or dried leaves are used as a

tea substitute. Considered to be a gourmet fruit, it is occasionally sold in specialty stores.

Recipes:

Spicy Cloudberry Sauce for Game

2 cups cloudberry
1/2 cup port or dry red wine
2 Tbsp honey
1 cup orange juice
1/2 cup lemon juice
1/2 cup chopped onion
1 tsp dry mustard
1/2 tsp ground ginger
1 dried Habenero pepper, crushed and powdered
1 Tbsp coarsely shredded orange rind
1 Tbsp coarsely shredded lemon rind
1 1/2 Tbsp arrowroot flour

Puree the cloudberry in a blender or food processor. Heat the cloudberry puree in a heavy saucepan and mix in the other ingredients except the arrowroot. Bring to a boil, stirring occasionally. Be careful as this may foam up. Strain the sauce through a sieve and return to the flame. Combine the arrowroot flour with a little of the hot sauce in a cup and mix thoroughly. Stir this back into the sauce and cook over low heat, stirring constantly, until thickened. Do not allow to boil. Use as a sauce with roast goose, ham, pork, or game.

Scandinavian Cloudberry Layer Cake

1 1/3 cups eggs (about 5 large), at room temperature
1 1/3 cups granulated sugar
1 teaspoon vanilla
1/8 teaspoon salt
1 1/3 cups all-purpose flour, stirred before measuring
1 1/2 cups fresh berries or preserves
1-1/2 cups whipping cream
2 tablespoons powdered sugar
1 teaspoon vanilla

Preheat the oven to 350 degrees. Line two 9-inch round cake pans with parchment paper. Crack eggs and measure them in a 2-cup measuring cup. In a large bowl, with an electric mixer, beat the eggs until frothy. Slowly beat in the sugar and continue beating at high speed for

5 minutes until light and lemon-colored, beat in the vanilla and salt. With a rubber spatula, fold in the flour thoroughly. Divide the batter evenly between the two pans. Bake for 25 to 30 minutes, until the cake springs back when touched in the center. Cool cakes on a rack in the pan. Loosen the edges and remove from pans. Split cooled layers to make 4 cake layers in all. To assemble the cake, split cooled layers in half horizontally to make 4 layers in all. Place bottom layer on cake plate and spread with whipped cream. Top with the second layer. Spread with 3/4 of the fruit or preserves. Top with the 3rd layer and spread with more whipped cream, then top with the 4th layer and spread with the remaining fruit or preserves. Frost the sides of the cake with about half of the whipped cream. Put the remaining cream into a pastry bag with a star tip (if desired), and press onto the cake decoratively on the top, and around the edges. Refrigerate until ready to serve. Makes 16 servings.

Cloudberry Daiquiri

3-6 Frozen cloudberry

1 Slice of orange

2cl Modo Lakka (Cloudberry)

4cl Light Rum

Shaker.

Crush the Cloudberry and orange on the bottom of a shaker. Add Rum and Modo, double drain into a cocktail glass.

Cinnamon cream au gratin with cloudberry

(4 portions)

250 g cloudberry

1 dl whipping cream

1 dl milk

3 egg yolk

2 TS cornstarch

1 dl sugar

1 stick of cinnamon

4 SS of brown sugar

1 bunch mint

Bringing to the boil milk and cream with the stick of cinnamon and then leaving the milk cream so that the cinnamon taste can develop. Stirring egg yolk, cornstarch and sugar and

giving the mixture into the milk cream. Having simmering under permanently stirring till the cream gets thick. Distributing cloudberry in/on glasses, keeping some for decorating. Distributing the cinnamon cream, having cooled down. Covering with brown sugar and caramelizing the sugar in the grill of the stove or with a gas burner. Garnishing with the remaining berries and the mint

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