

AMERICAN RED RASPBERRY

Rubus idaeus L.

Plant Symbol = RUID

Contributed by: USDA NRCS National Plant Data
Center



Robert Mohlenbrock
@ PLANTS

Alternate Names

raspberry, grayleaf red raspberry, red raspberry

Uses

Ethnobotanic: A tea was made from the leaves and used in the treatment of diarrhea and as an aid in childbirth (Moerman 1998). The tea has also been known to relieve painful menstrual cramps (Ibid.). Externally, the leaves and roots are used as a gargle to treat tonsillitis and mouth inflammations, sores, minor wounds, burns and varicose ulcers (Brown 1995). Europeans in the 17th century regarded the raspberries as an antispasmodic and they made a syrup of the juice which they employed to prevent vomiting (Readers Digest 1990). In the 18th century physicians and herbalists deemed the berries useful as a remedy for heart disease (Ibid). Red raspberries are eaten fresh or in jams and jellies, or added to pies and other baked goods, candies and dairy products to add flavor. Purple to dull blue dye was obtained from the fruit.

Wildlife: American red raspberry provides food and cover for many wildlife species. Grouse, birds, raccoons, coyotes, squirrels, skunks, and chipmunks eat the fruits. Raspberry thickets provide shelter for

rabbits and squirrels and service as a nesting spot for many birds.

Status

Please consult the Plants Web site and your State Department of Natural Resources for this plant's current status, such as, state noxious status and wetland indicator values.

Description

General: Rose family (Roseaceae). American red raspberry is a native, deciduous shrub that grows up to 1.5 meters high with biennial stems. The leaves are pinnately compound, with three to five leaflets. The flowers are white to greenish white, drooping, single or in small grapelike clusters. The fruit is a red raspberry, rounded, two centimeters long and broad, maturing between July through September.

Distribution: American red raspberry is a native North American species that grows across northern Europe to northwestern Asia. For current distribution, please consult the Plant profile page for this species on the PLANTS Web site.

Adaptation

Rubus idaeus ssp. strigosus is frequently found along the edges of swamps and bogs and is especially commonly found after burnings, clearings, or other disturbances. This species grows good in well-drained loamy soil in a sunny location or in a semi-shaded area. It tolerates a wide range of soil pH texture and requires adequate soil moisture.

Establishment

Propagation by Seed: American red raspberry seeds are best sown in the early autumn in a cold frame. Stored seeds should be stratified for one month at 3°C. When the seedlings are large enough to handle place them into individual pots and grow them in a cold frame. Plant seedlings in their permanent position in the late spring of the following year.

Propagation by Cuttings: hardwood cuttings can propagate American red raspberry. Cuttings should be propagated in a site out of full sun and sheltered from drying winds (Heuser 1997). A slow release fertilizer should be added to the rooting medium where the cuttings will stay for a year before transplanting.

Cultivars, Improved and Selected Materials (and area of origin)

Materials are available through commercial nurseries. Contact your local Natural Resources Conservation Service (formerly Soil Conservation Service) office for more information. Look in the phone book under "United States Government." The Natural Resources Conservation Service will be listed under the subheading "Department of Agriculture."

References

- Bown, D. 1995. *Encyclopedia of herbs and their uses*. Dorling Kindersley, London.
- Britton, N.L. & A. Brown 1970. *An illustrated flora of the northern United States and Canada*. Dover Publications, New York, New York.
- Carter, J.L. 1997. *Trees and shrubs of New Mexico*. Mimbres Publishing.
- Chevallier, A. 1996. *The encyclopedia of medicinal plants*. Dorling Kindersley.
- Epple, A.O. 1995. *A field guide to the plants of Arizona*. Falcon Press, Helena, Montana.
- Harrington, H.D. 1967. *Edible native plants of the Rocky Mountains*. University of New Mexico Press, New Mexico.
- Heuser, C.W. Jr., 1997. *The complete book of plant propagation*. Taunton Press, Newtown, Connecticut.
- Hitchcock, C.L. & A. Cronquist 1973. *Flora of the Pacific Northwest*. University of Washington Press, Seattle & London.
- MacKinnon, A, J.Pojar, and R. Coupe´ 1992. *Plants of Northern British Columbia*. Lone Pine Publishing, Redmond, Washington.
- Moerman, D. 1998. *Native American ethnobotany*. Timber Press, Portland, Oregon.
- Readers Digest 1990. *Magic & medicine of plants*. The Readers Digest Association, Inc., Pleasantville, New York.
- Viereck, L.A. & E.L. Little, Jr. 1972. *Alaska trees and shrubs*. United States Department of Agriculture, Forest Service. Ag. Handbook No. 14. Washington, D.C.

Voss, E.G. 1985. Michigan flora. Part II. Cranbrook Institute of Science Bulletin 59 & University of Michigan Herbarium.

Prepared By

Jammie Favorite
Formerly USDA, NRCS, National Plant Data Center
Baton Rouge, Louisiana

Species Coordinator

M. Kat Anderson
USDA, NRCS, National Plant Data Center
c/o Plant Sciences Department, University of California, Davis, California

Revised: 29jan03 jsp; 09jun03 ahv; 060809 jsp

For more information about this and other plants, please contact your local NRCS field office or Conservation District, and visit the PLANTS Web site <<http://plants.usda.gov>> or the Plant Materials Program Web site <<http://Plant-Materials.nrcs.usda.gov>>

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's [TARGET Center](#) at 202-720-2600 (voice and TDD).

To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

Read about [Civil Rights at the Natural Resources Conservation Service](#).