

## AMERICAN RED RASPBERRY

*Rubus idaeus* L.

plant symbol = RUID

Contributed By: USDA, NRCS, National Plant Data Center



### 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 17<sup>th</sup> 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 18<sup>th</sup> 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.

### References

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### **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 Environmental Horticulture Department,  
University of California, Davis, California

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