PLANT FACT SHEET

Rubus chamaemorus L.

GENUS *Rubus* **FAMILY** Rosaceae

COMMON NAMES Cloudberry, Low-bush salmonberry

EDIBLE PARTS AND USES

Edible parts: Flowers, Fruit, Leaves - tea

The fruit are eaten raw and also frozen for later use.
They can be used in preserves and in pastries. They can be stewed, used for tarts, jellies, wine and vinegar.
The leaves are dried and then used for tea drinks.

DESCRIPTION

A creeping herb. It keeps growing from year to year. It grows 8-25 cm high. Young shoots arise from the rhizome or thin creeping rootstock. The leaves are 5-8 cm across. Plants are separately male and female. The flowers occur singly. The flowers are white and 4 cm across. There are often only 4 petals. The fruit are reddish-orange to yellow. They are edible.

HABITAT

It is a cold temperate plant. It can grow in cold climates including the Arctic circle. It grows on acidic bog and peat tundras. It grows in swamps. In China it is in the northern provinces. It suits plant hardiness zones 2-5.

NOTES

There are about 250 Rubus species. They are high in Vitamin C.
They have health benefits.

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