

## Morus alba

### Common name(s)

Mulberry, White mulberry,

### Edible portion:

Leaves, Fruit, Flowers, Bark, Leaves - tea, Manna, Vegetable,



### Distribution

It is native to N. China. A warm temperate plant. The white mulberry (*Morus alba*) is normally used for silk worms and the black mulberry suits more highland regions. The normal range is 700 to 2200 m altitude in the tropics. In India it grows to 3,300 m altitude. Once established it can tolerate heat and drought. Hobart Botanical Gardens. It is winter hardy and can tolerate salt. It can grow in arid places. It grows in Miombo woodland in Africa. It suits hardiness zones 4-10. Arboretum Tasmania. In Yunnan. In Sichuan.

### Description

A small tree up to 9 m high but it can grow to 20 m tall. Often it is low and spreading. It has dark green toothed leaves. The leaves vary considerably in shape even on the one tree. They can be oval, heart shaped or 3 lobed and 5-15 cm long. The tip is pointed and the leaf is on a stalk 5 cm long. The upper surface is smooth but there can be some hairs on the veins underneath. Male and female flowers occur separately either on the same or separate plants. The flowers are greenish and in spikes which droop down. The fruit is a dark red or black berry but pale kinds also occur. The fruit is about 2 cm long.

### Use

The fruit is eaten raw or used in juice, stews and tarts. The fruit can be dried and stored. The fruit can be processed for vinegar or wine. The leaves are edible. They can be put in stews. The leaves can be used for tea. The leaves are used for *sarma* in Turkey. They are rolled around a filling of rice or minced meat. (Leaves are also used for silk worms.)

The bark can be roasted and ground into a flour. The tree also yields an edible manna.

**NOTE** The stain from the fruit can be removed by rubbing with an unripe fruit.

### Cultivation

Plants can be grown from seed but seed are slow to germinate. If seed are used they should be soaked in cold water for 48 hours. Trees from seeds take a long time to bear. It is better to grow trees from cuttings. Trees can also be grown by grafting. Because trees "bleed" it is best not to do too much pruning but trees can be topped or trained.

### Production

Cuttings produce fruit in 3 years while it takes 5-8 years for seedling trees. Fruit is produced seasonally. The fruit season is normally September to December in the southern hemisphere.

### Nutritional values

Edible Part	Moisture %	Energy kJ	Energy kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
(per 100 grams of edible portion)								
Fruit	80.2	152	36	1.3	Tr	10	0.5	0.1



Please Note: Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 Licence.- this means you can share it freely, as is and with acknowledgement.

## Indexing Data (print optional)

### Found in

Afghanistan, Africa, Albania, Andorra, Argentina, Armenia, Asia, Australia, Azerbaijan, Balkans, Bangladesh, Belarus, Bosnia, Brazil, Britain, Bulgaria, Canada, Cambodia, Cameroon, Caucasus, Central Africa, Central America, Central Asia, China, Colombia, Congo DR, Cook Islands, Croatia, Cuba, Dominican Republic, East Africa, East Timor, Egypt, Eswatini, Ethiopia, Europe, Fiji, France, Georgia, Greece, Guatemala, Haiti, Hawaii, Himalayas, Hungary, India, Indochina, Indonesia, Iran, Iraq, Israel, Italy, Jamaica, Japan, Jordan, Kazakhstan, Kenya, Korea, Kyrgyzstan, Laos, Lebanon, Macedonia, Madagascar, Malawi, Malaysia, Maldives, Manchuria, Mauritania, Mauritius, Mediterranean, Mexico, Middle East, Mozambique, Myanmar, Namibia, Nepal, Niger, North Africa, North America, Northeastern India, NW India, Oman, Pacific, Pakistan, Palestine, Papua New Guinea, PNG, Paraguay, Peru, Philippines, Reunion, Romania, Russia, Rwanda, Sahel, Samoa, Saudi Arabia, SE Asia, Senegal, Serbia, Sikkim, Slovenia, Solomon Islands, South Africa, Southern Africa, South America, Spain, Sri Lanka, Swaziland, Switzerland, Syria, Tajikistan, Taiwan, Tanzania, Tasmania, Thailand, Tibet, Timor-Leste, Tonga, Turkey, Turkmenistan, Uganda, Ukraine, Uruguay, USA, Uzbekistan, Vanuatu, Vietnam, West Africa, West Indies, West Timor, Zambia, Zimbabwe,

### Synonyms

*Morus alba* var. *tatarica* (L.) Ser.;  
*Morus byzantina* Sieber ex Steudel;  
*Morus constantinopolitina* Hort. ex Poir;  
*Morus sylvestris* Forsskal;  
*Morus tatarica* L.;  
*Morus intermedia* Perr.;  
*Morus bombycis*;

### Other common names

Ahairi, Akdut, Ambat, Amingit, Amoras, Amore, Bebesaran, Bela murva, Beseran, Bijela murva, Bolopi, Boowili go'ra, Chedi, Chernitsa, Chinni, Dara tu, Dau tam, Duda, Dut, Gelso, Hipnerle, Huhreshiibu, Injor, Injori, Kambli, Keemu, Kheloshi, Khragu, Kilika, Kimbu, Kuwa, Lampung, Latek schein, Makaloshi, Mang men, Meng shou nan yang, Mforosadi, Mforsadi, Mfurusadi, Moerbe, Mon thom, Mora, Mora blanca, Moras, Morera, Morubeila, Murbei, Mushongo, Musukette, Nkenene, Odi, Paruka, Pippalipandu chettu, Posa, Ppongnamu, Reshme chattu, Sahtoot, Sang chui, Sang guo, Sang, Sau tam, Sems-ling-shing, Shahtut, Shatoot, Shetur, Shuo zi a bu, Siah tut, Sicameno aspro, Spen thooth, Spin toot, Thingteim, Thingteimi, Toot, Tul, Tula, Tunt phal, Tut, Tuta, Tutphal, Tuti, Tuticoli, Tuto, Tutri, Tuuyspii, Tuye, Voaroihazo,

## REFERENCES

- Addis, G., et al, 2005, Ethnobotanical Study of Edible Wild Plants in Some Selected Districts of Ethiopia. Human Ecology, Vol. 33, No. 1, pp. 83-118
- Afzal, S., et al, 2009, Ethno-botanical Studies from Northern Pakistan. J. Ayub Med Coll Abbottabad 21(1)**
- Ali, H., et al, 2011, Ethnobotanical profile of some plant resources in Malam Jabba valley of Swat, Pakistan. Journal of Medicinal Plants Research Vol. 5(18), pp 4676-4687
- Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 381
- Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 216
- Ashton, M. S., et al 1997, A Field Guide to the Common Trees and Shrubs of Sri Lanka. WHT Publications Ltd. pdf p 276
- Bajpai, O., et al, 2015, Tree species of the Himalayan Terai region of Uttar Pradesh, India: a checklist. Check List 11(4): 1718**
- Ballabh, B., et al, 2007, Raw edible plants of cold desert Ladakh. Indian Journal of Traditional Knowledge. 6(1) pp 182-184**
- BARANOV,
- BARC, 2016, State of Biodiversity for Food and Agriculture in Bangladesh. Bangladesh Agricultural Research Council.**
- Barcelo, R., 2015, Phytochemical Screening and Antioxidant Activity of Edible Wild Fruits in Benguet, Cordillera Administrative Region, Philippines. Electronic Journal of Biology, 2015, Vol.11(3): 80-89
- Barkatullah, et al, 2009, Ethnobotanical studies of plants of Charkotli Hills, Batkhela District, Malakand, Pakistan. Front. Biol. China 2009, 4(4): 539–548
- Baro, D., Baruah, S. and Borthukar, S. K. 2015, Documentation on wild vegetables of Baksa district, BTAD (Assam). Scholars Research Library. Archives of Applied Science Research, 2015, 7 (9):19-2**
- Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 284
- Berihun, T. & Molla, E., 2017, Study on the Diversity and Use of Wild Edible Plants in Bullen District Northwest Ethiopia. Hindawi Journal of Botany. Article ID 8383468**
- Bernholt, H. et al, 2009, Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems 77:159-179
- Bhatia, H., et al, 2018, Traditionally used wild edible plants of district Udhampur, J&K, India. Journal of Ethnobiology and Ethnomedicine (2018) 14:73
- Bianchini, F., Corbetta, F., and Pistoia, M., 1975, Fruits of the Earth. Cassell. p 168
- Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 34
- Bohra, N., et al, 2017, Ethnobotany of wild edible plants traditionally used by the local people in the Ramnagar regions from Nainital District, Uttarakhand, India. Biolife 5(1): 12-19**
- Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 708
- Bodner, C. C. and Gereau, R. E., 1988, A Contribution to Bontoc Ethnobotany. Economic Botany, 43(2): 307-369
- Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248**
- Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 68
- Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 683