PLANT FACT SHEET

# *Ribes alpinum* L.

**GENUS** *Ribes* **FAMILY** Grossulariaceae

**COMMON NAMES** Alpine currant, Mountain currant

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Leaves

The fruit are eaten raw. They are also used for desserts, jam and drinks.
The leaves are used to make a tea drink

## DESCRIPTION

A shrub. It loses its leaves during the year. It grows 0.9-1.8 m high and spreads 0.9 m wide. The stems are smooth and red-purple. The leaves are 5 cm across and usually have 3 lobes. Male and female flowers are separate. The flowers are small and yellowish green. The fruit are red and bitter.

## HABITAT

It is a temperate plant. It suits hardiness zones 2-9. Arboretum Tasmania.

## NOTES

There are about 150 Ribes species.

## REFERENCES


Akbulut, S., 2022, Importance of edible wild plants in world food security: The case of Turkey. Int J Agric Sc Food Technol 8(3): 209-213.

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 19

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

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1206

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 561

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 160

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 252

http://www.botanic-gardens-ljubljana.com/en/plants

Johansson, A., Laakso, P. and Kallio, H., 1997, Characterization of seed oils of wild, edible Finnish berries. Food Chemistry 204:300-307

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

Kremer, B.P., 1995, Shrubs in the Wild and in Gardens. Barrons. p 140

Maghradze, D. et al, 2012, Minor and Underutilized Fruits in Georgia and Their Wild Relatives. In Acta Horticulturae Number 948 p 41-47

Miskoska-Milevska, E. et al, 2020, Traditional uses of wild edible plants in the Republic of North Macedonia. PHYTOLOGIA BALCANICA 26(1): 155–162, Sofia, 2020 p 158

Nanagulyan, S., et al, 2020, Wild plants and fungi sold in the markets of Yerevan (Armenia). Journal of Ethnobiology and Ethnomedicine 16:26

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

Pardo-de-Santayana, M., et al, 2005, The gathering and consumption of wild edible plants in the Campoo (Cantabria, Spain). International Journal of Food Sciences and Nutrition. 56(7): 529-542

Pardo-de-Santayana, M., et al, 2007, Traditional knowledge of wild edible plants used in the northwest of the Iberian Peninsula (Spain and Portugal): a comparative study. Journal of Ethnobiology and Ethnomedicine 2007, 3:27

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

Pohjanmies, T., et al, 2021, Abundance and diversity of edible wild plants in managed boreal forests. Forest Ecology and Management 491 (2021) 119151

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3),

Shah, A. A., et al, 2024, The importance of sharing: wild plant knowledge in three valleys of Northern Pakistan. Plant Biosystems - an international Journal Dealing with all aspects of Plant Biology 2024, Vol. 158, no. 6, 1390–1405

Soukand, R. & Kalle, R., 2016, Perceiving the Biodiversity of Food at Chest-height: use of the Fleshy Fruits of Wild Trees and Shrubs in Saaremaa, Estonia. Hum Ecol 44:265–272

Soukand, R., et al, 2023, The importance of the continuity of practice: Ethnobotany of Kihnu island (Estonia) from 1937 to 2021. Plants People Planet 3.10423

Sp. pl. 1:200. 1753

Svanberg, I., 2012, The use of wild plants as food in pre-industrial Sweden. Acta Societatis Botanicorum Poloniae 81(4): 317-327

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

**LICENCE** CC BY-NC-SA 3.0

**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/b2dcb2f0-b305-447f-9dec-d7aa37997037