PLANT FACT SHEET

Ribes oxycanthoides L.

GENUS *Ribes* **FAMILY** Grossulariaceae

COMMON NAMES American mountain gooseberry, Canadian Gooseberry, Northern gooseberry, Smooth Gooseberry

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The fruit are eaten fresh.
They are also added to soups.
They are dried and stored for later use.
They are used to make jams & preserves.

DESCRIPTION

A shrub. It grows 45-80 cm high and spreads 70 cm wide. It loses its leaves during the year. The stems are slender and have bristles and thorns. The spines are 1.5 cm long. The leaves are heart shaped and are glossy and dark green. They have 5 lobes. The flowers are greenish-white or light mauve and occur singly or in pairs. The fruit are purple-red berries and are edible.

HABITAT

A temperate plant. In Canada it grows in wet forests and also on exposed rocky sites. It suits hardiness zones 2-8.

NOTES

There are about 150 Ribes species.

REFERENCES

Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 139

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1207

Fisk, J. R. & Hoover, E., 2015, Wild Fruits of Minnesota. A Field Guide. University of Minnesota p 16

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 564

INFOODS:FAO/INFOODS Databases

Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 53

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 106

Medsger, O. P., 1939, Edible Wild Plants. Macmillan Company. p 19

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 479

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

Sp. pl. 1:201. 1753

Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 127

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/f52dc33f-39aa-4dc8-a897-61050c9216fc