

**Common names****European Red Raspberry,**

Rosaceae

Scientific name***Rubus idaeus*****Edible portion** Fruit, Leaves, Twigs, Leaves - drink,**Description**

A small cane-like shrub. It grows 1.5-2 m tall. The branches are red or brown. They have a few prickles. The leaves are often divided into 5-7 leaflets. The flowers are white. They can be in the axils of leaves or at the ends of branches. The fruit are red or orange and half round. They are 1-1.4 cm across. There are many named varieties.

Distribution

It is a cold temperate climate plant. It needs deep well drained soil. The soil should be rich in humus. It needs shelter from wind and can grow in part shade. A mild summer and cool to cold winter is best. It needs about 600 hours of cold below 7°C each year. It will grow in high mountains in Java. It will grow as far as 70°N in Scandinavia. It suits hardiness zones 3-9.

Found in:

Africa, Alaska, Albania, Andorra, Argentina, Armenia, Asia, Australia, Austria, Azerbaijan, Balkans, Belarus, Belgium, Bosnia and Herzegovina, Brazil, Britain, Bulgaria, Canada, Caucasus, Central Asia, China, Colombia, Croatia, Czech Republic, Denmark, Dominican Republic, East Africa, Estonia, Europe, Falklands, Finland, France, Georgia, Germany, Greece, Haiti, Hungary, India, Indonesia, Ireland, Italy, Japan, Kazakhstan, Korea, Kosovo, Kyrgyzstan, Latvia, Lithuania, Luxembourg, Macedonia, Madagascar, Mediterranean, Mexico, Moldova, Morocco, Netherlands, North Africa, North America, Norway, Poland, Portugal, Romania, Russia, Scandinavia, SE Asia, Serbia, Siberia, Sicily, Slovakia, Slovenia, South Africa, Southern Africa, South America, Spain, Sweden, Switzerland, Tajikistan, Tasmania, Turkey, Türkiye, Ukraine, USA, Uzbekistan, Vietnam, West Indies, Yugoslavia.

Use

The fruit are eaten raw. They are also used in jams, drinks and for sweets.
 Young leaves can be cooked and eaten as a vegetable.
 Dried leaves are used as a substitute for tea.

Cultivation

Rooted cuttings are used. Soft wood cuttings can be used. Fruit are usually produced on one year old canes. After harvesting



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the fruit bearing canes are cut at ground level and removed.

Production

Nutritional Values

Rubus idaeus

Edible Part /100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Fruit - stewed	94.6	110	26	0.9	85	23	1.3	
Fruit - raw	83.2	105	25	0.9	80	25	1.2	0.5



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