

## Red Raspberry Leaf

Family	Rosaceae
Botanical	Rubus idaeus
Parts Used	Leaves and fruit
USDA Hardiness	2 - 7
Light	Full Sun
Soil	Moist soil
Duration	Perennial



Propagation Soil pH: Slightly Acidic to Neutral

Water As needed

Growing Raspberries are naturally inclined to grow in cooler climates, although the development of adaptable varieties has made it possible for gardeners to grow raspberries in many zones. There are two types of raspberries, summer-bearers bear one crop per season, in summertime. Ever-bearers bear two crops, one in summer and one in fall. Plant in the early spring (or late winter for warm zones) Prepare soil with compost or aged manure a couple weeks before planting. Raspberries love moisture, so try soaking the roots for an hour or two before planting. Dig a hole that is roomy enough for the roots to spread. Space plants about 3 feet apart. After planting, cut back canes, leaving 8 to 10 inches. Depending on the variety you plant, you may need to fashion a support. A trellis or a fence are good options. Mulching is important throughout the season to conserve moisture and suffocate weeds. Keep a thick layer of mulch surrounding plants at all times. Water one inch per week. The roots send up an abundant amount of shoots, called canes. Summer-Bearers produce berries on two year old canes while one year old canes grow right beside them. You shouldn't have trouble telling which is which: the older canes have brown stems, and the young ones are still green. Prune only the older ones, the ones that have finished their fruitful year. Prune in the fall. Ever-Bearers require less care: Mow them to the ground in the fall, after you finish picking.

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Medicinal Uses Astringent, uterine tonic, antispasmodic, stimulant, mild alterative and hemostatic.

Benefits Take throughout pregnancy to tone and strengthen the uterus, help with delivery, give some iron and energy and help prevent postpartum hemorrhage. Effective for menstrual irregularity and cramps and also reduces fevers.

Preparation Infusion and tincture with the leaf.  
To Brew: Pour 8 ounces of boiling water over 1 teaspoon-1 tablespoon of Raspberry Leaf. Steep, covered, for at least 5 minutes and drink as regular tea. I often keep a gallon of cold raspberry leaf tea in the fridge so that I don't have to brew by the cup. To make a gallon, just 3/4 to 1 cup of Raspberry Leaf per gallon of boiling water. I pour the herbs and boiling water into a gallon glass jar, cover with a plate

# Fines Herbes

and leave overnight before straining for a strong tea.

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# Fines Herbes

## Culinary Uses

Raspberry leaf is commonly prepared as tea, alone or in combination with other herbs. Raspberries are used in salads, puddings, cakes, tarts, and other desserts. They are added as a topping on cereal, waffles, and pancakes. Raspberries are used to flavor vinegar, and are also used to flavor, wine, champagne, liqueurs, and spirits. They can also be cooked and made into jellies and jams.

## Raspberry Shortcakes

### Ingredients:

- 2 1/2 cups unbleached flour
- 1/2 cup raw sugar
- 1 tablespoon baking powder
- 1/2 teaspoon sea salt
- 1 stick cold unsalted butter, cut into small pieces
- 3/4 cup cold heavy cream
- 1/4 cup buttermilk
- 1 cup raspberries
- Sanding sugar (optional)
- Whipped cream and berries, for serving

### Directions:

1. In a food processor, combine flour, granulated sugar, baking powder, salt, and butter and process until mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Transfer to a bowl and stir in cream, buttermilk, and raspberries until just combined. Do not overmix.
2. Preheat oven to 400 degrees. Divide dough into 8 portions and shape into rounds. Place, 1 1/2 inches apart, on a parchment-lined baking sheet. Sprinkle with sanding sugar, if desired, and freeze 15 minutes. Bake until golden brown and set, about 20 minutes. Let cool completely on sheet on a wire rack. To serve, halve and fill with whipped cream and berries.



## Historical Facts

Archaeological evidence shows that Paleolithic cave dwellers ate raspberries. The delectable fruit has been a part of the human diet ever since, though the canes were not cultivated until about the 4th century A.D., as documented by Palladius. In the Hellenistic period raspberries were associated with fertility are found in Greek mythology. In the Greek stories, the berries were once white but when Zeus' nursemaid, Ida, pricked her finger on a thorn it stained the berries red and they have remained so ever since. The scientific name for red raspberries, *Rubus idaeus*, means literally "bramble bush of Ida", named both for the nursemaid and the mountain where they grew on the island of Crete.

## Additional Tips

### Nutrition Facts

Red raspberry leaves contain vitamins C, E, A, and some B complex, as well as essential minerals such as phosphorus, potassium, iron, zinc, and an easily absorbable form of calcium, making it a wonderfully nutritive plant. The astringent and antiseptic nature of the leaves helps to reduce inflammation,