**Mulberry**

White Mulberry - Morus alba

Red Mulberry - Morus rubra

Black Mulberry -Morus nigra

Identification: tree varies in height. Leaves are opposite, and vary in shape, but often have defined lobes or are spade shaped. White mulberry leaves are glossy.

**Leaves:**

Mulberry leaves can be used to lower blood sugar levels, prevent diabetes and also to help lower cholesterol. Dried, powdered leaves can be taken in capsules for these uses. A recommended dose is 1 gram in capsule, three times per day. Or drink mulberry leaf tea.

Mulberry leaf tea can also be used to help cure a sore throat, cold and flu.

Young mulberry leaves are edible and are safe and nutritious to eat when cooked.

The leaves contain proteins, sugars, polyphenols, flavonoids, triterpenes, vitamins A, B and C, and minerals: calcium, potassium, zinc.

Leaf actions: anti-hyperglycemic and antioxidant

**Fruit:**

Mulberries look like elongated blackberries. White mulberries turn a light pink-purple color when ripe. White mulberries taste sweet, but more bland than red or black mulberries. Red and black mulberries have more tartness.

The fruit contains alkaloids, antioxidants including anthocyanins and resveratrol.

Dried mulberries are a great source of protein, vitamin C and K, fiber, and iron.

Mulberries can help strengthen the immune system, improve digestive health and circulation. Eating mulberries may help to prevent heart disease and cancer.

Mulberries are used in Chinese medicine as a blood tonic, to benefit the kidneys, and treat weakness, fatigue, anemia, and premature graying of hair. It is also used to treat urinary incontinence, tinnitus, dizziness, and constipation in the elderly and the anemic.

Drinking mulberry juice has many benefits, including: yin nourishing, enriching the blood, tonifying the liver and kidney, calming the nerves, promoting the metabolism of alcohol, and enhancing immunity.

To harvest mulberries: wait until they are ripe. Ripe mulberries will come off the tree easily, with no need to tug. You can pick them by hand, or use a broom/hockey stick/etc. to shake the branches and place a blanket/tarp on the ground to catch the ripe berries. Berries can be eaten fresh off the tree, or dry them like raisins, or make jam.

**Bark:**

The bark of Black mulberry is anthelmintic, and is used to expel tapeworm.

Some Native American tribes used the Red Mulberry bark for digestive health.

In Chinese medicine the root bark is used for many ailments, including cough, asthma or wheezing, swollen eyes or face, difficult urination, high blood pressure, diabetes, and as an ingredient in wound-healing ointments. Mulberry bark is sweet, pungent and cold.

Bark can be taken as a decoction or tincture.

The inner bark of the white mulberry is edible, and can be roasted and ground to use as a thickener in soups, and also as an ingredient in bread.

**Links:**

<http://badger.uvm.edu/omeka/exhibits/show/uvmtrees/white-mulberry>

<http://medicinalherbinfo.org/herbs/Mulberry.html>

<http://www.botanical.com/botanical/mgmh/m/mulcom62.html>

<http://www.life-enhancement.com/magazine/article/992-mulberry-helps-control-blood-sugar-and-more>

<http://www.globalhealingcenter.com/natural-health/6-health-benefits-of-mulberries/>

<http://www.chineseherbshealing.com/mulberry-bark/>