**Red Raspberry**

**Name:** Raspberry, *Rubus idaeus*. North American wild raspberry (*Rubus strigosus*). Wild red raspberry, American raspberry, hindberry.

FAMILY Rosaceae

**Parts Used:** Medicinally the leaf is used. Fruit can be eaten as well.

**Native To:** Grow mainly in the Northern Hemisphere - North America and Europe.

**Uses:** Medicinal and food source.

**Actions:**

* “One of the oldest and wisest herbs for women’s health”
* Helpful for childbirth as uterine tonic. “Tones uterine and pelvic muscles.”
* Uterine tonic - nourishes blood with vitamins and minerals. “Helps to regulate the flow of menses.”
* Helps prepare the uterus for labor. Enriches breast milk and helps the uterus return to its normal size post birth.
* Gastrointestinal system - “tones stomach and intestinal lining. Having an affinity for smooth muscle and mucous membranes, soothes and heals the tissues of the stomach and intestinal lining.”
* Helps relieve constipation. “Used for stubborn constipation”
* “Astringent remedy, useful for children’s diarrhoea”
* “Fruit is rich in nutrients and helps to combat anemia.” Fruit contains iron.

**Constituents:**

Leaves: Tannins, flavonoids, ellagic acid, vitamins A and C, calcium and phosphorus, iron and trace minerals.

Fruit: Sugars (fructose), citric acid, malic acid, vitamins, A, B and C, pectin, volatile oil, iron, calcium and phosphorus.

**Tincture and Capsules (Dosage):**

Tincture - 1-3 dropperfuls, 1 to 3 times per day

Infusion - 2 teaspoons per cup, steep 10 to 12 minutes, 1 to 3 cups per day

Tea - 1 cup (240 ml) of boiling water over 1 or 2 teaspoons (3-5 grams) of dried leaf. Let steep for 10 minutes.

Pregnancy - Drink 2 to 3 cups of warm tea daily.

**Harvest:** “Raspberry leaves gathered in spring before the plant flowers have the highest antioxidant content.”

**Taste:** Astringent (leaf) and berry (sweet when ripe).

**Flower Essence:**“Assists those whose feelings are easily hurt or who have a touchy nature.”

“Feelings easily hurt; a touchy nature; for taking things too personally; for when people say hurtful things; over-reactiveness; insensitivity; for lashing out; lacking understanding; blaming others; resentment; bitterness; attitude of “I don’t deserve this”; unkindness.”

**Combines:**

“Many herbal teas include raspberry to "stabilize" the other ingredients.”

Combines well with other nutrient dense herbs in tea.

**Contra-indications:** Generally thought of as safe.