

MULBERRY

Morus rubra



MULBERRY

Dakota: čhaṅská

Anishinaabe: mitigwaabimin

ABOUT

Mulberry is a deciduous tree with smooth, dark green leaves that are ovate to cordate in shape and grow alternately on the stem. Mulberries form dark purple aggregate fruits that look similar to a blackberry.

HARVEST / PREP

- Gather ripe berries in mid to late summer & leaves all year long for use in teas
- Berries may be frozen, canned, or dried for later use

BENEFITS

- Berries are high in antioxidants
- The leaves are excellent for health