

RED MULBERRY

Morus rubra

Red mulberry (*Morus rubra*) is a deciduous tree found throughout North and Central America. This plant features edible berries that ripen in late spring and summer.

Image from Garden Florida





history

Native Americans were the first to discover red mulberry and benefit from the plant. When Europeans arrived in North America, they found the red mulberry in Virginia, Georgia, and Florida. The bark soon became a traditional European treatment for tapeworm and digestive issues.



medicinal properties

The Native American tribe, Powhatan, discovered that mulberries are in fact edible. The milky sap can be used to treat ringworm and the roots can be used to brew tea that helps with weakness, lowering fevers, and excretory issues.

Image from Lady Bird Johnson Wildflower Center



fun fact

There is a nursery rhyme that states: "Here we go 'round the mulberry bush," when in fact the mulberry is a tree, not a bush!