

Florida Mulberry

Morus rubra



When to Plant: Spring

When to Harvest: June to August

Uses in Medicine: Mulberry fruit contains vitamin C, vitamin K, iron, and anthocyanidins. Anthocyanidins are strong antioxidants which neutralize free radicals. The leaves of mulberry contain vitamin C, vitamin K, beta carotene, zinc, calcium, and iron. Beta carotene is another strong antioxidant and is often used as a supplement to keep hair, nails, and eyes healthy.

Uses in Cooking: Red mulberries look like blackberries but taste more similar to raspberries. They're great in smoothies and salads and are often used to make syrups and jellies.

Fun Facts: The mulberry leaf is the primary food source for the silkworm! It's thought that the spread of mulberry from China to Europe was in part fueled by the global demand for silk.

