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Black Raspberry (Rubus occidentalis)



From THE WILD VEGETARIAN COOKBOOK

Illustrations and photos by "Wildman," clipart from Clipart.com



Black Raspberry Cane

Black raspberries are among the best of the brambles, and the earliest to appear. Like other brambles, they're arching, thorny shrubs with palmate-compound leaves (leaf subdivisions originate from the same point).

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Black Raspberry Cane in Flower

A waxy, blue green bloom you can rub off with your finger covers this sparsely thorny shrub. The three sharply double-toothed leaflets are white underneath.

The white to pink flowers appear in mid- to late spring, in flattish clusters of 3-7 individuals.



Black Raspberry Flower

The hollow (blackberries aren't hollow), purple, black faceted berries, which are 1/2 inch across, appear in early summer.

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Black Raspberry

Look for these tasty berries in thickets from the East Coast to the Rockies, but not in the Deep South.



Black Raspberries

Of course, if black raspberries don't grown in your area, you can substitute your

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local raspberries for black raspberries in recipes.

Black Raspberry Ice Cream Recipe

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Black Raspberry T-shirt

Black Raspberry Recipes

Foraging for Brambles

An article by "Wildman"

Vegetarian Journal, Issue 3, 2006

Chemopreventive Agents In Black Raspberries Identified

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