



Botanical name: *Rubus idaeus*

Family: Rosaceae [includes rose, apple, pear, peach, plum, cherry, blackthorn, almond]

Common name: Red Raspberry

More names: rasipiberi [Yoruba], raspberı [Igbp], koamitl [Nahuatl], frambuesa roja [Spanish], *fu pen zi*, *shan mei* [TCM]

Parts of the plant used: leaves, bark, roots, fruit

When to harvest: leaves can be harvested in July + August or when mature before wilting; fruit in its second year in July + August; bark + roots can be harvested in late summer, early Fall

Herbal actions:

nutritive, astringent, genitourinary tonic, stimulant, sedative, antispasmodic, uteri-relaxant, partus preparator, galactagogue, antioxidant, diuretic, febrigue, refrigerant, parturient, stomachic, anti-inflammatory

Active constituents:

[leaves] chromium magnesium, manganese, niacin, potassium, selenium, silica, riboflavin, thiamine. Beta Carotene, flavonoids (including kaempferol + quercetin), tannins, polypeptides, volatile oil, pectin, citric acid, malic acid, fragarine (uterine tonic), folic acid, ferulic acid, ellagic acid, fiber, manganese; [fruit] vitamins A, B, C, E, sugars, iron, calcium, phosphorus + volatile oil

Habitat + ecology:

Koamitl is native to the so called Asia Minor + North America, now growing in temperate regions, such as Alaska, Canada, New England, and north + western Mexico. In our present nature, they like to grow in thickets, open woods + woodlands grows suckers that extend underground creating new life from their roots.

Planet: Venus

Energy: Cool

Element: Water

Taste: Sweet

Meridians: Kidney, liver + spleen

Ethnobotany (People + the plant ancestor):

- Turtle Island traditions ally with raspberry root to support with diarrhea [Aloquin-Quebec], bloody urine [Aloquin-Tete-de-Boule], cough [Cherokee], while the leaves are predominantly used to treat stomach, menstrual + birthing complaints, including "when it is painful to pass water."
- In African slave medicine, red raspberry leaf was allied with senega, snake root, skullcap, blessed thistle, nettles + red clover for "womb health." Raspberry leaf was also combined with sage for purification + smudging purposes too, particularly spiritual protection associated with fertility and new borns.
- In TCM *fu pen zi* stabilizes + tonifies the kidney as well as supports Jing (aka Bind Essence), connected to impotence, bed wetting, frequent urination, premature ejaculation + incontinence. Within TCM teachings, *fu pen zi* supports eyesight, lower back pain + infertility imbalances.
- Red raspberry has been supporting human communities since before the 4th century BCE (documented in the The Herbal of A General History of Plants by John Gerard), and ecologies millions of years earlier. Red raspberry has supported ecological diversity by providing the bees with abundant flowers for pollination across continents remember Celtic culture.



- Greek mythology has it that one of Zeus' nursemaids Ida was picking white berries, when she cut her finger + bleed all over them. She covered them with her red passion for Zeus, rubus idaeus translates to "bramble bush of Ida", named both for the nursemaid and the mountain where they grew on the island of Crete.

Plant magick:

- Supportive in cultivating patience + carefulness
- Strengthen love, faithfulness + abundance for individual, partnered + collective relations
- Eases transitions, whether physical, emotional or relational
- Protection against unwanted souls, energies + forces
- Brings protection to the home + the uterus, particularly during pregnancy
- Promotes feelings of safety + self-actualization
- Symbol of the heart

Form: spirit, flower essence, canes*

Medicinal uses:

- Nourishes, restores + balances genitourinary system (particularly the uterus + ovaries)
 - Tones the uterus with the fragarine substance
 - Alleviates menstrual cramps, stop excess bleeding + balances hormones during menopause
- One of the strongest accomplices during pregnancy + postpartum → tonifies + relaxes pelvic muscle + uterus as well as promotes milk flow
- Supports the heart by regulating blood pressure
- Aids digestion + promote metabolic activity
 - Cure sores and ulcers of the throat, mouth, and other parts
- Treats incontinence
- Supports arthritis, joint pain + headaches
- Supportive to lymph conditions, such as tuberculosis
- Immune boosting
- Strengthen kidneys [berries]
- Supports vitamin deficiencies, nausea, anemia, stomach complaints, colds, diarrhea + also can work as a mild laxative
- Works to detoxify the skin, such as eczema, acne
- Alleviate toothaches, tonsillitis, mouth inflammation + mouth sores [roots]
- Prevents scarring when paired with slippery elm [poultice of roots, leaves, bark]

contraindications

**if pregnant, work with tea or infusion throughout pregnancy + increase to 1 quart a day in third trimester, you're welcomed to invite tinctures + elixirs after the first trimester*

***avoid if living with gastritis, peptic ulcer or chronic constipation*

Recipes + Comrades

Genitourinary Support:

- nourish/tonify: alfalfa, nettles, red clover, motherwort, avocado leaf, corn silk
- pleasure: rose, damiana, schizandra
- protection: damiana, motherwort, rose
- Pregnancy complaints/discomforts: ephedra, peppermint, spearmint, ginger root, fennel,

nourished bits infusion

- 2 part red raspberry leaf
- 2 part nettles
- 2 part alfalfa
- 1 part red clover
- 1 part cornsilk
- 1 part oatstraw
- 1 part chickweed

Let steep for 25 minutes for most poignancy. It's especially yummy with sweet milk, honey, or agave either cold or warm. For an

raspberry ferment

- 2 part red raspberry leaf
- 2 part nettles
- 1 part dandelion leaf
- 1 part rooibos tea (red or green)
- 1 part catnip
- *Avoid: anything with high volatile oil content such as cinnamon lavender, clove, mint, citrus*

instructions

- in a medium-sized saucepan, add 1-quart filtered water, 1/2 cup of tea blend, + 1 cup of organic sugar



wild yam, meadowsweet, blue cohosh, black cohosh, castor oil, evening primrose, garlic, aloe, pumpkin seeds, ginseng

infusion fill a jar with $\frac{1}{8}$ herb material then pour hot/cold water and allow to sit for 4 hours or overnight.

Bowel love: peppermint, mints, marshmallow cinnamon

Fragile bowel

- 2 parts of each: raspberry leaves, marshmallow root, wild yam root/peppermint

IBS

- Equal part powers of licorice root, cinnamon, marshmallow root, slippery elm

protective bundle

sacred tool

protection

ancient ways across traditions, including native philippine, native american + european folklore tell us that raspberry canes were hung at the doorways of homes to ward off unwanted souls + spirits. To call on raspberry spirit in this way, respectfully ask for the consent of a bush to gift you a branch, if they consent bring it home and adorn a doorway with their magick.

- bring to a boil
- turn off heat, let sit + cool for at least 30 mins
- strain the cool tea blend into your scooby jar
- place a coffee filter/cloth + wrap with string or rubber band
- Let sit for 10-14 days [or as long as you like! watch out for mold + bugs]

Preparation:

infusion, tea, tincture, elixir, syrup, glycerite, cordial, herbal bath, steam, poultice

Recommended dose:

10-30 drops/ $\frac{1}{2}$ -1 dropperful 1x a day



Photos of the plant ancestor:



[blackberry leaf [left] vs red raspberry leaf [right]]





created + blessed by xóchicoatl of [la mala yerba](#)
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