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Rubus idaeus

Rubus idaeus is a red-fruited species of *Rubus* native to Europe and northern Asia and commonly cultivated in other temperate regions.



As a wild plant, *R. idaeus* typically grows in forests, forming open stands under a tree canopy, and denser stands in clearings. In the south of its range, it only occurs at high altitudes in mountains.



The species name *idaeus* refers to its occurrence on Mount Ida near Troy in northwest Turkey, where the ancient Greeks were most familiar with it.



Cultivation and uses

R. idaeus is grown primarily for its fruits, but occasionally for its leaves, roots, or other parts.



Fruits

The fruit of *R. idaeus* is an important food crop, though most modern commercial raspberry cultivars derive from hybrids

Between

R. idaeus and

R. strigosus.

The fruits of wild plants have a sweet taste and are very aromatic.



Leaves and other parts



Red raspberry leaf have antioxidant effects that play a minor role in the killing of stomach and colon cancer cells.

Young roots of *Rubus idaeus* prevented kidney stone formation in a mouse model of hyperoxaluria. Tiliroside from raspberry is a potent tyrosinase inhibitor and might be used as a skin-whitening agent and pigmentation medicine.



Chemistry

Vitamin C and phenolics are present in red raspberries.



Polyphenolic compounds from raspberry seeds have antioxidant effects in vitro, but have no proven antioxidant effect in humans.



Raspberry ketones are derived from various fruits and plants, not raspberries, and are marketed as having weight loss benefits. There is no clinical evidence for this effect in humans.

