
 ***Morus serrata* Roxb.** 
Family: Moraceae

This is popular as ‘Himalayan mulberry’ and known as ‘Kimmu’ in the northern parts of India. It is mainly found in the Himalayan tracts up to an elevation of 3300 mt. It is a small deciduous tree can grow up to 15 mt with leaves that are densely hairy on the veins underneath. The fruit is edible and in clusters of several small drupes turns red upon ripening. The tree leaves are used to feed silkworms and the fleshy fruit is sweet and eaten raw. Apart from their traditional consumption by localites, fancy edibles are also prepared from it, e.g., these longer fruits can be dipped in chocolate and made to variants of strawberry chocolates. Already these berries have found importance as ‘superfoods’ and available online from many stores and trendiest markets. The fruit is rich in carbohydrates, vitamins, and minerals. Though it’s eaten quite regionally recently efforts are made to enhance the processing options like dry fruits, jams, squash, and juices; it is on its way to find the status of alternate food especially in the urban areas.

