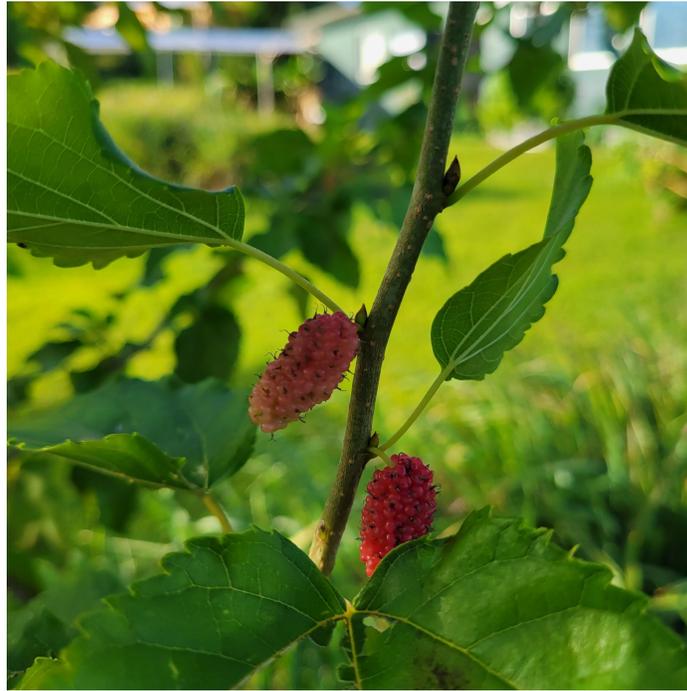


Guam Produce Guide: Mulberry



Black mulberry (*Morus nigra* L.) is a small deciduous tree cultivated worldwide, mainly for its edible fruits. Its leaves, like those of the white mulberry (*Morus alba* L.) Black mulberry is mainly cultivated for its edible fruits that are edible and are the best-flavored of those produced by *Morus* species. Black mulberry originates from western Asia (Iran and Afghanistan).

Plant Traits	Details
Plant Type	<i>Morus alba</i>
Size	15+ ft.
Spacing	Plant 10-15 ft. (for smaller trees) Plant 30 ft. (for larger trees)
Bloom Time	3 months
Fruit Color	White, red, black
Root Depth	~4 ft.
Pests	Webworms, mealy bugs

Diseases

Armillaria root rot, bacterial blight

Health Benefits

- Aids digestion
- Lowers cholesterol
- It helps control blood sugar levels
- Contains Vitamin C, Iron, Vitamin K1, Potassium, and Vitamin E
- Better vision
- Reduces cancer risk
- Support immune system
- Improves blood circulation
- Promotes brain health

Site Characteristics

Sun Exposure

Full sunlight

Soil Condition

Well-drained, fertile soil; mulberry trees are able to tolerate poor soil and droughts.

Water

at least 1 inch of water each week

Fertilizer

Annual 10-10-10 application of nitrogen, phosphorous, and potassium; mature mulberry trees usually thrive with minimal fertilization

From Seed to Harvest

How to Plant Seedlings

Take a clipping of the mulberry tree and let it take root in soil or by air layering. Select a site with full sunlight at least 6 feet away from

structures. Consider fruit dropping and try to keep the area away from sidewalks or walkways to avoid staining.

Transplanting Seedlings

Measure your seedling and dig a hole deep enough for material to fit. Plant seedling and add soil, compact lightly, add mulch or compost and water.

Replant

1. Select a Container - Fill a container, such as a planting tray or clay or plastic pot, with a fresh, good-quality commercial potting mixture. Make sure the planting container has a drainage hole in the bottom. Add a handful of perlite or coarse sand to improve drainage.
2. Water the Soil - Water the potting mixture thoroughly. Set the container aside to drain until the potting mix is evenly moist but not dripping.
3. Harvest the Cuttings - Cut several healthy stems measuring approximately 4 to 6 inches in length. Use a sharp knife or pruners to avoid tearing the plant tissue. Make each cut just above a leaf node, where a leaf or bud emerges from the stem.
4. Prep the Cuttings - Remove blooms, buds, and leaves from the bottom half of the cut stems.
5. Plant the Cuttings - Create planting holes with a small stick or the dull end of a pencil. Several stems can safely be planted in the same container as long as the leaves don't touch. Plant the mulberry stems in the holes at a depth of about one-third of the length of the cuttings. Pat the soil firmly

around the stems so they stand upright.

6. Cover the Container - Cover the container with clear plastic. If the containers are small enough, cover them with a plastic bag. If necessary, place small sticks or dowels in the soil to prevent the plastic from touching the leaves.
7. Situate the Container - Place the container in bright, indirect sunlight. Avoid direct sunlight, which may scorch the cuttings.
8. Mist the Soil - Check the potting mixture daily. If the mixture begins to feel dry to the touch, mist inside the bag lightly with a spray bottle. If heavy drops of moisture build up on the inside of the plastic, poke a few holes in it to provide ventilation or open the top of the bag for a few hours every day.
9. Check for Roots - Check for roots by digging up a cutting with an old spoon after three to four weeks. Remove the plastic when the roots are approximately 1/2 inch long. Allow the young mulberry trees to acclimate to the cooler, drier air for four or five days.
10. Transplant the Cuttings - Transplant each rooted cutting to an individual 1-gallon pot filled with commercial potting soil. Place the pots in indirect sunlight and continue to keep the soil lightly moist. Move the young plants outdoors when the weather warms in spring.

Maintenance

Prune young trees into a tidy form by developing a set of main branches. Prune lateral branches to six leaves in July to facilitate the growth of spurs near the main limbs. Do not prune heavily since mulberries are prone to bleeding at the cuts. Avoid cuts of more than 2 inches (5 cm.), which will not heal.

Harvesting

When the fruit on your mulberry tree turns a deep purple shade that is almost black, it is ready to be harvested. Harvest season begins mid-June thru August. You can handpick or lay a sheet or tarp under the mulberry tree and shake the branch gently, and ripe berries will fall onto the sheet or tarp.

Interesting Facts

- Mulberries are a fruit related to fig and breadfruit.
- The trees are traditionally grown for their leaves to feed silkworms — mainly in Asia and North America.
- Commonly black, white or red they carry colorful berries.
- Mulberries are often made into wine, fruit juice, tea, jam or canned foods and can also be dried to be eaten as a snack.

Recipes

Mulberry and coconut slice

Ingredients

BASE

- 1 1/2 cups plain flour
- 150 g unsalted butter

- 1/2 cup icing sugar

FILLING

- 3 cups mulberry fresh stems trimmed
- 1/4 cup plain flour
- 1/4 cup raw sugar

TOPPING

- 3 eggs
- 1/4 cup raw sugar
- 2 cups desiccated coconut

Instructions

- Preheat the oven to 180C. Brush a 28cm x 18cm casserole dish with melted butter.
- Base: Mix base ingredients in a food processor to make a dough.
- Spread and press into the base of the dish. Smooth with the back of a spoon.
- Bake for 15 minutes until golden brown.
- Filling: Mix flour, sugar and $\frac{3}{4}$ of the mulberries in a food processor.
- Pour over base, scatter remaining mulberries over the top.
- Topping: Mix ingredients in a large bowl until combined well. Sprinkle over filling and lightly press.
- Bake for 20 minutes until golden.

[Mulberry and Coconut Slice recipe | Australia's Best Recipes](#)

Sources

1. <https://homeguides.sfgate.com/start-growing-mulberry-tree-another-tree-54908.html>
2. <https://harvesttotable.com/how-to-grow-mulberries/>
3. <https://www.gardeningknowhow.com/ornamental/trees/fruitless-mulberry/mulberry-fruit-sterilization.htm>
4. [How to Grow: Mulberries- Growing and Caring for Mulberry Trees \(gardeningwithcharlie.com\)](#)