

## WILD CHERRY

**Botanical Name:**

*Prunus serotina*

**Common Name:**

Rum cherry, Black Choke, Choke Cherry, Wild Black Cherry, Virginian Prune

**Parts used:**

The inner tree bark (dried) is used for medicinal purposes.

**Active Components:**

Contains cyanogenic glycosides (such as prunasin) and tannins.

**Looks like:**

Wild Cherry is a tree up to 20 m high with aromatic bark. The bark is black and rough and naturally separates from the trunk. The flowers are small, white and fragrant. The ripen fruit is purple-black and the leaves are dark, glossy green.

**Where it's grown:**

Wild cherry tree is native to North America but is now widely cultivated in Europe.

**History:**

The Native Americans had many uses for Wild Cherry bark including a tea to ease labour pains, diarrhea and lung problems. Chinese physicians prescribed Wild Cherry for coughs. Traditional herbalists used it for weak circulation, cardiac palpitation, and loss of appetite.

**Use:**

Wild Cherry is used in digestive disorders, diarrhea, cough, and bronchitis.

