PLANT FACT SHEET

Pinus monophylla Torr. & Frém.

GENUS *Pinus* **FAMILY** Pinaceae

COMMON NAMES One-leaved Pine, Singleleaf pine

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts

The seeds are eaten raw or roasted or ground into flour and used in cakes.

DESCRIPTION

An evergreen pine tree. It grows 15 m high and is a broad cone shape. The bark is grey and has narrow ridges. The leaves are needle like and rigid and curved. They are 5 cm long and taper to a sharp point. They occur singly and are grey-green. They are on stout orange shoots. The flowers occur in separate clusters on young shoots. Male flowers are yellow and female flowers are red. The fruit is a cone 5.5 cm long. It is green but ripens to grey-brown.

HABITAT

It is a temperate plant. It grows naturally on dry rocky mountain slopes in the United States. It suits hardiness zones 6-9. It grows between 600-2,100 m above sea level. It can grow in deserts.

PRODUCTION

Harvesting and Seed Production

It is slow growing and long lived. It can grow over 400 years. Cones take 2 years to mature.

NOTES

There are over 100 species of Pinus.

PICTURES



Credit: Food Plants International (Bruce French)

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