PLANT FACT SHEET

Populus tremuloides Michaux

GENUS *Populus* **FAMILY** Salicaceae

COMMON NAMES American aspen, Golden aspen, Quaking aspen, Trembling aspen

EDIBLE PARTS AND USES

Edible parts: Bark, Sap

The sap of the tree is eaten.
The cambium or soft inner bark is used as food. It is eaten in spring when the sap begins to flow. It is baked into cakes.
The wood is used for smoking fish to impart flavour.
The bitter leaf buds and young catkins are edible.

DESCRIPTION

A tree which loses its leaves. It grows 25-30 m high. The bark is yellow. It is light and smooth but becomes rough and dark grey at the base of the tree. Young branches are reddish-brown. They are smooth and easily broken. The buds are sticky. The leaves are finely toothed. They are alternate and rounded or heart shaped and pointed. The leaf stalk is long and flattened at the side.

HABITAT

It is a temperate plant. It does best in light friable soil. It will grow in many soil types especially on sandy and gravelly slopes. It grows from sea level to 3,000 m altitude in the southern USA. It suits hardiness zones 1-9.

PRODUCTION

Cultivation

Plants can be grown from cuttings which root easily.

Harvesting and Seed Production

It is fast growing.

NOTES

There are about 35 Populus species. This is the staple food for beavers in Canada.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 822

Coutre, M. D., et al, 1986, Foraging Behaviour of a Contemporary Northern Great Basin Population. Journal of California and Great Bason Anthropology Vol. 8(2) pp 150-160

Etkin, N.L. (Ed.), 1994, Eating on the Wild Side, Univ. of Arizona. p 71

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 221

Fl. bor.-amer. 2:243. 1803

https://www.fireflyforest.com/flowers/category/edible-plants/ Edible Plants – Southeastern Arizona Wildflowers and Plants

Joyce, D., 1998, The Garden Plant Selector. Ryland, Peters and Small. p 116

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 677

Little, E.L., 1980, National Audubon Society Field Guide to North American Trees. Alfred A. Knopf. p 326

Lord, E.E., & Willis, J.H., 1999, Shrubs and Trees for Australian gardens. Lothian. p 66

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 49

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 431

Schuler, S., (Ed.), 1977, Simon & Schuster's Guide to Trees. Simon & Schuster. No. 148

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona

Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 156

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1c3c684b-4fe0-4340-9923-b2554a9537ee