PLANT FACT SHEET

Betula occidentalis Hook.

GENUS *Betula* **FAMILY** Betulaceae

COMMON NAMES Water birch, White birch

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Sap

DESCRIPTION

A small shrubby tree. It grows to 12 m high. It has a leaning crooked trunk. The trunk can be 30 cm across. The bark is reddish-brown and peels off. The leaves are small and oval. They are widest below the middle. They are 2-5 cm long. The upper surface is shiny and deep yellowish-green. It is lighter underneath. The male and female flower catkins are separate. The mature seed catkins are 2.5-4 cm long and hang down.

HABITAT

Temperate. It grows on moist soils along streams. It suits hardiness zones 4-9.

NOTES

There are about 60 Betula species. They grow in cool north temperate climates.

REFERENCES

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 130

Farrar, J.L., 1995, Trees of the Northern United States and Canada. Iowa State University press/Ames p 290

Fl. bor.-amer. 2:155. 1838

Little, E.L., 1980, National Audubon Society Field Guide to North American Trees. Alfred A. Knopf. p 367

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Porsild, A.E., 1974, Rocky Mountain Wild Flowers. Natural History Series No. 2 National Museums of Canada. p 134

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/26c0d9f7-6024-4940-a70a-301cb867db9d