PLANT FACT SHEET

Abies alba Mill.

GENUS *Abies* **FAMILY** Pinaceae

COMMON NAMES Silver fir, European silver fir

EDIBLE PARTS AND USES

Edible parts: Honeydew, Bark, Shoots, Buds, Cones, Flowers

It is the source of a honey-dew honey. This is regarded as a tonic.
The inner bark was made into a cake like bread.
The young shoots are covered with sugar and eaten as a children's snack.
The buds and young cones were used to distill brandy and to make drinks.

DESCRIPTION

A large evergreen conifer tree. It grows 45 n tall and spreads 20 m wide. The bark is dull grey and smooth in young trees. This becomes cracked into square plates in old trees. The needles are glossy and dark green. They are 2.5 cm long. These have 2 silvery bands underneath. The cones are large and cylinder shaped. They are 15 cm long.

HABITAT

It is a temperate plant. It grows in cool temperate places. It is frost resistant. It suits high rainfall areas. Arboretum Tasmania.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

It is fast growing.

NOTES

There are about 50 Abies species. It is also used in medicine

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