PLANT FACT SHEET

Abies spectabilis (D. Don) Mirb.

GENUS *Abies* **FAMILY** Pinaceae

COMMON NAMES East Himalayan fir

EDIBLE PARTS AND USES

Edible parts: Resin, Gum

The gum or resin is chewed as a bubble gum.

DESCRIPTION

A tree. It grows 50-60 m tall. The crown is broadly cone shape. The branches are horizontal. The bark is rough and dark brown. The cones are cylinder shaped and 14-20 cm long by 7 cm wide.

HABITAT

It is a temperate plant. It grows between 1,600-4,000 m above sea level in the Himalayas.

REFERENCES

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/301dafdb-9bad-4ab3-8d41-052f3e181579