PLANT FACT SHEET

Pinus edulis Engelm.

GENUS *Pinus* **FAMILY** Pinaceae

COMMON NAMES Pinyon Pine, Pine nut

EDIBLE PARTS AND USES

Edible parts: Seeds, Bark, Resin

The inner bark is eaten.
The seeds are eaten raw or roasted. They are ground and used in bread, cookies, sweets, ice cream, sauces, and stuffing. The roasted seeds are used in coffees.
The needles are brewed into tea.
The soft centres of the young cones are roasted to form a syrup.
The sweet cambium or soft wood layer is cut into strips and cooked like spaghetti.

DESCRIPTION

A small tree. It grows 8-15 m high and spreads 6 m wide. The crown is rounded. The leaves are short and stiff and blue-green. They have 1-4 short needles. The cone is small. The seeds are large and nut like and edible.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9. Trees are very cold hardy. They can tolerate temperatures down to -35°C. It can grow in deserts.

PRODUCTION

Harvesting and Seed Production

Trees are slow growing. They take 25 years to produce the first cones. They can live for 400 years. Cones open on the tree so need to be picked.

NOTES

There are over 100 species of Pinus. It is the emblem of the New Mexico State of the USA.

PICTURES



Credit: Food Plants International (Bruce French)

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