PLANT FACT SHEET

Betula utilis D. Don

GENUS *Betula* **FAMILY** Betulaceae

COMMON NAMES Himalayan birch

EDIBLE PARTS AND USES

Edible parts: Bark - tea, Stems - water

The dried bark (or resin) is ground and used as a tea substitute. Or as a flavouring addition to tea.

DESCRIPTION

A tree. It grows 35 m tall. The bark is dark brown and peels off in thin flakes. The leaves are oval and flowers are in groups. They hang down. The small nuts are broadly oval and 2-3 mm long by 1.5-2 mm wide.

HABITAT

It is a temperate plant. It grows up to 4,500 m above sea level. Arboretum Tasmania.

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Wild edible plants of Himachal Pradesh

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