PLANT FACT SHEET

Corylus heterophylla Fisch. ex Trautvetter

GENUS *Corylus* **FAMILY** Betulaceae

COMMON NAMES Siberian filbert, Siberian hazel

EDIBLE PARTS AND USES

Edible parts: Nuts, Seeds

The nuts are eaten raw. They are also fried.

DESCRIPTION

A shrub or small tree. It grows 6 m tall. The leaves are rounded and come to an abrupt point. There are teeth along the edge. They are covered with fine hairs. The leaves are downy underneath. The flowers are in catkins which develop into single or paired fruit. The fruit are enclosed in leafy bracts. The nuts have a hard shell.

HABITAT

It is a temperate plant. It grows in temperate broad-leaved forests, thickets on mountain slopes between 400–2500 m altitude in China. It suits hardiness zones 6-9.

NOTES

There are about 15 Corylus species.

REFERENCES

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 94

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 232

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 83

Fan, L., et al, The Use of Edible Wild Plants and Fungi in Korean-Chinese Villages. Journal of Environmental Information Science 44-5 p 71-79

Ferns Useful Temperate Plants

https://en.wikipedia.org/wiki/List of wild edible plants in Mongolian cuisine

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 339

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

Kang, Y., et al, 2014, Wild food plants used by the Tibetans of Gongba Valley (Zouqu country, Gansu, China) Journal of Ethnobiology and Ethnomedicine 10:20

Lu De-quan, BASELLACEAE [Draft], Flora of China

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

Pl. imag. descr. fl. russ. 10, t. 4. 1844

Sachula, et al, 2020, Wild edible plants collected and consumed by the locals in Daqinggou, Inner Mongolia, China. Journal of Ethnobiology and Ethnomedicine (2020) 16:60

Tanaka,

USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000)

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p 118

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 203

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

www.eFloras.org Flora of China

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 34

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/4bbad26f-ff3e-440f-81c6-6b911e28b5d0