PLANT FACT SHEET

Pinus ponderosa var. scopulorum (Laws.) Engelm.

GENUS *Pinus* **FAMILY** Pinaceae

COMMON NAMES Ponderosa Pine

EDIBLE PARTS AND USES

Edible parts: Seeds, Bark

The inner bark is eaten. It is the cambium layer between the wood and the bark. It is eaten fresh or roasted.
The seeds are eaten raw.
The leaves are used for tea.
Caution: The tea should not be drunk in large amounts. It should not be drunk by pregnant women.

DESCRIPTION

A hard pine. It is a large tree. It grows to 35 m high and 100 cm across the trunk. The bark is dark grey, rough and scaly. It becomes orange brown and cracked with age. It forms large thick flaky plates. The lower branches droop. The crown is wide and can be flat topped. The needles are in bundles of 3. They are 12-25 cm long. They are straight and stiff but flexible. They are yellowish-green and very sharp. The edges are sharply toothed. The seed cones are oval and 7-15 cm long. They are reddish-brown and hang down. They are often in groups of 3 and are almost stalkless. They are thickened at the tips. They open at maturity to release the seeds. The seeds are mottled dark brown and 7 mm long. They have a boat shaped wing at the tip.

HABITAT

It is a temperate plant. It grows on mountain slopes in North America. It grows in areas subject to frequent forest fires. It will grow on a variety of soils. It cannot tolerate shade. It suits hardiness zones 3-9. ACT Yarralumla. In Hobart Botanical gardens.

PRODUCTION

Harvesting and Seed Production

Trees can live for several hundred years. They develop seed crops every 2-5 years. The cambium is harvested from young trees or from twigs on older trees. It is best collected on cool, cloudy days when the sap is running. The scales from the cones are collected and dried until the seeds can be shaken out.

NOTES

There are over 100 species of Pinus.

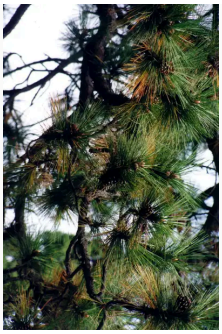
PICTURES



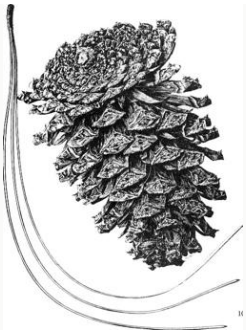
Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 802

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 803.

CASTETTER,

Ciesla, W.M., 1998, Non-wood forest products from conifers. Non-wood forest products 12, FAO, Rome, p 72

Coombes, A.J., 2000, Trees. Dorling Kindersley Handbooks. p 73

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1050

Etkin, N.L. (Ed.), 1994, Eating on the Wild Side, Univ. of Arizona. p 71

Farrar, J.L., 1995, Trees of the Northern United States and Canada. Iowa State University press/Ames p 52

Fu Liguo, Li Nan, Mill, R.R., Pinaceae. Flora of China.

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.wdt.qc.ca) (Pinus ponderosa)

Harris, E & J., 1983, Field Guide to the Trees and Shrubs of Britain. Reader's Digest. p 252

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 234

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 14

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 662 (As Pinus ponderosa)

Lord, E.E., & Willis, J.H., 1999, Shrubs and Trees for Australian gardens. Lothian. p 87

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 33

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 156

MINNIS,

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 412

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

Turner, N. J., 1988, Ethnobotany of Coniferous Tress in Thompson and Lillooet Interior Salish of British Colombia. Economic Botany 42(2) :177-194

S. Watson, Bot. California 2:126. 1880

Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 55

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p176

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/4c6da340-3913-4a81-a357-17f0689a5fd6