PLANT FACT SHEET

Abies pindrow (Royle ex D. Don) Royle

GENUS *Abies* **FAMILY** Pinaceae

EDIBLE PARTS AND USES

Edible parts: Gum, Resin

The resin exudate is chewed as a bubble gum.
The bark is boiled for a tea drink.

DESCRIPTION

A tree. It grows 40-60 m tall. The trunk can be 2-2.5 m across. The crown is cone shaped and the branches are level. The leaves are needle like and 4-9 cm long. They are flattened in cross section. The cones are cylinder shaped and 7-14 cm long by 3-4 cm wide.

HABITAT

It is a temperate plant. It grows between 2,000-3,350 m above sea level.

REFERENCES

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

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

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/549c41fc-5fc5-4f7b-9e7d-bbcb0ed5f941