PLANT FACT SHEET

Pinus strobus L.

GENUS *Pinus* **FAMILY** Pinaceae

COMMON NAMES White Pine, Eastern White Pine

EDIBLE PARTS AND USES

Edible parts: Seeds, Bark, Leaves - tea, Cones, Shoots

The inner bark is dried and pounded into small pieces and added to flour. It is then milled and used to bake bread.
The fresh needles are brewed into tea.
Caution: The tea should not be drunk in large amounts. It should not be drunk by pregnant women.
The fresh new shoots are boiled in syrup to make candy.
The firm unexpanded male cones are boiled or stewed with meat.

DESCRIPTION

A tree. It grows to 65 m tall. The trunk is 1.8 m across. The bark is dark brown and deeply furrowed. It has irregular oblong, long scaly plates. The crown is cone shaped but becomes rounded or flattened. There are 5 needles per bundle. They do not hang down and are deep green. They are slightly twisted and 6-14 cm long by 0.7-1 mm wide. They are not stiff. The seed cones are clustered and have a stalk. It is 2-3 cm long. The cones are grey brown with purple tints. They are 7-20 cm long. They take 2 years to mature then shed their seeds and fall. The seeds are red-brown with black mottle. They are broadly oval and 5-6 mm across. The wing is pale brown and 1.8-2.5 cm wide.

HABITAT

It is a temperate plant. It grows naturally in woods at low altitude in North America. It is cultivated in N China. They can tolerate frost. It grows on light moist soils. It suits hardiness zones 3-9. Hobart Botanical Gardens.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

Trees grow rapidly. Trees can live 100-200 years. Cones take 2 years to mature.

NOTES

There are over 100 species of Pinus. The tea is rich in Vitamins A and C.

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 803

BRIGGS & SIMONOVITCH,

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

DILLINGHAM,

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 171

Farrar, J.L., 1995, Trees of the Northern United States and Canada. Iowa State University press/Ames p 44

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

Harris, E & J., 1983, Field Guide to the Trees and Shrubs of Britain. Reader's Digest. p 256

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 235

http://www.botanic-gardens-ljubljana.com/en/plants

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 663

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1878

Kuhnlein, H. V. and Turner, N. J., 1991, Traditional Plant Foods of Canadian Indigenous Peoples. Food and Nutrition in History and Anthropology Volume 8. Gordon and Breach. p 41

Little, E.L., 1980, National Audubon Society Field Guide to North American Trees. Alfred A. Knopf. p 296

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

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 413

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

Schuler, S., (Ed.), 1977, Simon & Schuster's Guide to Trees. Simon & Schuster. No. 35

Sp. pl. 2:1001. 1753

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona

Yanovsky, E., 1936, Food Plants of the North American Indians. United States Department of Agriculture Miscellaneous Publication No 237. Washington, D.C.

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/6bf0138d-5cb0-408e-82d5-794d0148a26b