PLANT FACT SHEET

Picea balsamifera L.

GENUS *Picea* **FAMILY** Pinaceae

COMMON NAMES Fir

EDIBLE PARTS AND USES

Edible parts: Bark

The inner bark is dried then beaten and pounded until fine and milled into coarse meal and baked into flat bread.

DESCRIPTION

A tree.

HABITAT

It is a temperate plant.

NOTES

There are between 30 and 40 species of Picea.

REFERENCES

BRIGGS & SIMONOVITCH,
DILLINGHAM,

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7e69fa81-463c-4ef2-950f-df4b27cd523a