PLANT FACT SHEET

Pseudotsuga menziesii (Mirbel) Franco

GENUS *Pseudotsuga* **FAMILY** Pinaceae

COMMON NAMES Douglas Fir, Oregon Pine

EDIBLE PARTS AND USES

Edible parts: Leaves - drink, Resin, Seeds

The leaves and twigs are used for a tea like drink. It is rich in Vitamin C. Caution: It should not be drunk in large amounts.
They are also dried and ground and used for a coffee like drink.
The young tips are used to add flavour to foods in which they are cooked. They are also used for tea.
The trunk exudes a sweet manna like substance. This gum is chewed.
The small seeds are eaten.

DESCRIPTION

An evergreen tree. It can grow 100 m tall. The trunk can be 4 m across. The bark is dark grey-brown. It is smooth. It becomes rough and scaly with age. Older trees have long trunks without branches. Young trees are cone shaped with main branches in rings. The leaves are dark green above. They are 1.5-3 cm long by 1-2 mm wide. They are white underneath. The leaves remain of the tree for 5-8 years. The needles are single and arranged in spirals along the twig. The seed cones are brown. They are oval and 8 cm long by 3.5-4 cm wide. They hang down on stout stalks. The scales are broad and rounded. They are leathery. The seeds drop then cones are later shed.

HABITAT

It is a temperate plant. It occurs in moist mountain forests. It is cultivated in China. It grows on a variety of soils. It does best on deep, well drained, sandy loams. It does not suit compacted, poorly drained or limestone soils. It needs plenty of light. It suits hardiness zones 4-9. At Anvers Chocolate factory.

PRODUCTION

Cultivation

Seed will keep for 10-20 years if kept dry and cool in airtight containers. Moist chilling before planting helps stored seeds start to grow.

Harvesting and Seed Production

Trees can live for 500 years. Seed production begins are 10-30 years.
The resin or sugar only occurs under certain conditions of a sunny location and good soil moisture but in a dry location.

NOTES

There are 6-8 Pseudotsuga species.

PICTURES



Credit: Food Plants International (Bruce French)



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

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