PLANT FACT SHEET

Alnus incana subsp. rugosa (Du Roi) R. T. Clausen

GENUS *Alnus* **FAMILY** Betulaceae

COMMON NAMES Speckled alder

EDIBLE PARTS AND USES

Edible parts: Buds, Flowers, Bark

The buds and young catkins are edible but not very tasty.
The inner bark can be eaten raw, cooked or dried and ground into flour. It should be aged for a few days before eating.

DESCRIPTION

A tall shrub. It grows 10 m tall. The leaves are dull green and thick. They have double teeth around the edge.

HABITAT

It grows along streams and lake shores. It suits hardiness zones 2-6.

REFERENCES

Jackes, D. A., Edible Forest Gardens

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 151

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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/bb38e5a8-f722-4270-a296-2d5ff91a87b6