PLANT FACT SHEET

Abies amabilis (Douglas) J. Forbes

GENUS *Abies* **FAMILY** Pinaceae

COMMON NAMES Amabilis fir, Cascades fir, Pacific Silver fir

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Bark

The young branch tips are used as a tea substitute.

DESCRIPTION

An evergreen tree. It grows 80 m high. It spreads 8 m across. The bark is smooth and grey. The crown is cone shaped. The leaves are needle like. They are flattened and crowded onto the upper surface of the branches. The cones are dark purplish-brown.

HABITAT

It is a temperate plant. It will grow on most soils but they need to be deep. It needs a good reliable rainfall. It cannot tolerate drought but is resistant to frost.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 50 Abies species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cc95a83a-6362-4176-8542-907c1c28c679