PLANT FACT SHEET

Pinus palustris Mill.

GENUS *Pinus* **FAMILY** Pinaceae

COMMON NAMES Longleaf pine, Pitch pine, Southern yellow pine

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts, Needles - tea, Bark - flour

The seeds or nuts are eaten raw or roasted.
The needles are used for tea.
The inner bark can be used for emergency flour.

DESCRIPTION

A tall pine tree. It grows 40 m tall. The trunk can be 1.2 m across. The bark is orange-brown and in coarse rectangular plates. The leaves are needle like and 20-45 cm long by 1.5 mm wide. They are shiny and slightly twisted. They are in bundles of 2-3. The male cones are cylinder shaped and 3-8 cm long. The female cones are 15-25 cm long. The seeds are 10 mm long.

HABITAT

It is a temperate plant. It grows in well-drained sandy soil up to 700 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

The seeds or nuts are over 25% protein.

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e257446d-3ffb-4877-8a4c-9fe9eb001a42