PLANT FACT SHEET

Betula pendula subsp. mandshurica (Regel) Ashburner & McAll.

GENUS *Betula* **FAMILY** Betulaceae

COMMON NAMES Alaska paper birch, Japanese white birch

EDIBLE PARTS AND USES

Edible parts: Sap, Leaves - tea, Bark

The sap is sweet and can be used as a drink.
The inner bark can be added to soups and stews.

DESCRIPTION

A tree. It grows 25 m tall.

HABITAT

It grows in boggy sites.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 53 (As Betula neoalaskana)
Williams, D., 2017, Ainu Ethnobiology. Contributions in Ethnobiology. Society of Ethnobiology. (As Betula platyphylla var. japonica)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e9d76d36-eae0-4668-a86b-d8bbfbfc6f6c