PLANT FACT SHEET

Pinus heldreichii Christ

GENUS *Pinus* **FAMILY** Pinaceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots and leaves are used to make a health drink.

DESCRIPTION

A tree.

HABITAT

It is a temperate plant.

REFERENCES

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

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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/eb1ac8db-26c3-465e-ab71-18e436d4c4ed