PLANT FACT SHEET

Betula alnoides Buchanan-Hamilton ex D. Don,

GENUS *Betula* **FAMILY** Betulaceae

COMMON NAMES Indian birch

EDIBLE PARTS AND USES

Edible parts: Bark

The inner bark is eaten. It is made into flour and cooked and eaten.
It is also chewed as a substitute for betel nut. The young bark is added to drinking water.

DESCRIPTION

A tree up to 30 m tall. The bark is grey tinted red-brown. It peels off across the trunk in strips. The twigs are purple-red and downy when young. The leaves are 5-10 cm long. They are on red stalks. They have double teeth along the edge. The leaves taper to a fine point. The catkins are in clusters and are 8 cm long. The flowers are male and female separately. The nut is flat with 1 seed.

HABITAT

It grows in subtropical forests between 700–2100 m altitude in China. It suits hardiness zones 8-10.

NOTES

There are about 60 Betula species. They grow in cool north temperate climates. The bark is used in medicine in Nepal.

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