PLANT FACT SHEET

Populus tremula Linn.

GENUS *Populus* **FAMILY** Salicaceae

COMMON NAMES Aspen, European aspen, Quaking aspen

EDIBLE PARTS AND USES

Edible parts: Bark, Sap, Leaves - flavouring, Leaves - tea

The wood and sawdust are used to smoke meat and also used as an ingredient in bread and for vinegar.
The dried leaves are put under bread during baking.
The young leaves are cooked and eaten.

DESCRIPTION

A small tree. It grows 15 m high and spreads 10 m wide. The bark is dark grey and cracked. The leaves are grey-green. They tremble in the breeze. They are finely hairy and whiter underneath. The leaves turn yellow and orange in autumn.

HABITAT

It is a temperate plant. It suits hardiness zones 2-9.

REFERENCES

Ann. Mus. Bot. Lugduno-Batavum 3:29. 1867 (As Populus tremula var. sieboldii)

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1073

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 512

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 289 (As Populus tremula var. sieboldii)

https://en.wikipedia.org/wiki/List of wild edible plants in Mongolian cuisine

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

Kolosova, V., et al, 2020, Foraging in Boreal Forest: Wild Food Plants of the Republic of Karelia, NW Russia. Foods 2020, 9, 1015; p 20

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Populus tremula var. sieboldii)

Prakofjewa, J., et al, 2023, Boundaries Are Blurred: Wild Food Plant Knowledge Circulation across the Polish-Lithuanian-Belarusian Borderland. Biology 2023, 12, 571.

Soukand, R., et al, 2017, Multi-functionality of the few: current and past uses of wild plants for food and healing in Liubań region, Belarus. Journal of Ethnobiology and Ethnomedicine (2017) 13:10

Sp. pl. 2:1034. 1753

Svanberg, I. et al, 2012, Uses of tree saps in northern and eastern parts of Europe. Acta Societatis Botanicorum Poloniae 81 (4): 343-357

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f0bb1b08-f4b5-49b6-be35-023fdb5ec3dc