PLANT FACT SHEET

Juniperus osteosperma (Torr.) Little

GENUS *Juniperus* **FAMILY** Cupressaceae

COMMON NAMES Utah juniper

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are ground into flour and used to make into cakes. They are also eaten fresh.
They are also used in stews.

DESCRIPTION

A small cone shaped tree. It grows 7.5 m high. The trunk is short and highly branched. The bark is brown and fibrous. The leaves are green and like scales. They overlap and 3-5 mm long. The fruit are round or oblong and reddish-brown. They have a white bloom.

HABITAT

It is a temperate plant. It suits hardiness zones 4-9.

PRODUCTION

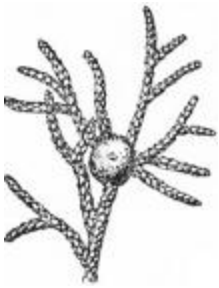
Cultivation

Plants can be grown by seeds or cuttings.

NOTES

There are 50 to 60 Juniperus species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994) (As Juniperus utahensis)

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 597

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 772

Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 197

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 2. p 297

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 410

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 89 (As Juniperus utahensis)

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.wdt.qc.ca)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 462

Leafl. W. Bot. 5:125. 1948

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 160

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 287

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Russell, T., Cutler, C., & Walters, M., 2005, The Illustrated Encyclopedia of Trees of the Americas. Lorenz Books. p 83

Saunders, C.F., 1948, Edible and Useful Wild Plants. Dover. New York. p 78 (As Juniperus utahensis)

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 107

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p173

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/f2a73af3-c2da-42d5-ad91-ac2b0e58e15f