PLANT FACT SHEET

Picea x fennica (Regel) Kom.

GENUS *Picea* **FAMILY** Pinaceae

COMMON NAMES Finish spruce, Karelian spruce

EDIBLE PARTS AND USES

Edible parts: Cones, leaves, Resin

The cones are boiled with sugar to make jam.
The needles are dried and used for tea drinks.
The resin is eaten fresh as a snack.

DESCRIPTION

A tree. It is a natural hybrid of Norway spruce and Finnish spruce. It has small seed cones.

HABITAT

It is a temperate plant.

REFERENCES

Kolosova, V., et al, 2020, Foraging in Boreal Forest: Wild Food Plants of the Republic of Karelia, NW Russia. Foods 2020, 9, 1015; p 18

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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/ff2d37f7-8474-48ef-bd5a-956b012728ba