

# Trembling Aspen

## *Populus tremuloides*

**Height:** up to 30 meters

**Diameter:** 30-60 centimetres

**Distinguishing feature:** The name refers to the leaves which tremble in the slightest breeze. In some native languages the name translates to “noisy leaf”

## USES

**Historical-** Aspen wood has been used to make canoe paddles; knots have been made into bowls; aspen poles were used as tepee frames. Toy whistles can be made from fresh aspen branches.

**Commercial-** Direct products include pulpwood, plywood, wafer board, oriented strand board (OSB), boxes, chopsticks and matches.

**Natural -** Aspen reproduces by root suckering which forms new trees that are genetically identical to the parent tree. Aspen is the preferred wood of beavers and many ungulates browse on the tender young twigs and leaves. In times of food shortage, some ungulates will browse on the bark leaving extensive scars on the trunk.

**Medicinal-** The Cree used the inner bark and leaves as medicine. Aspen tea was used in the treatment of coughs, rheumatism, diarrhea, liver and kidney problems.

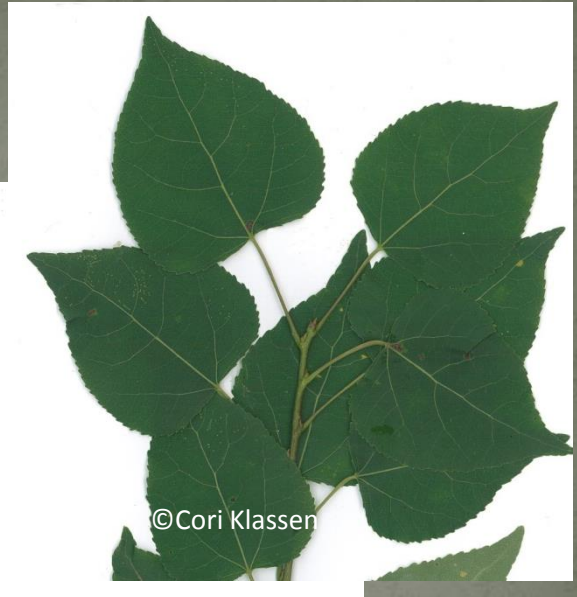
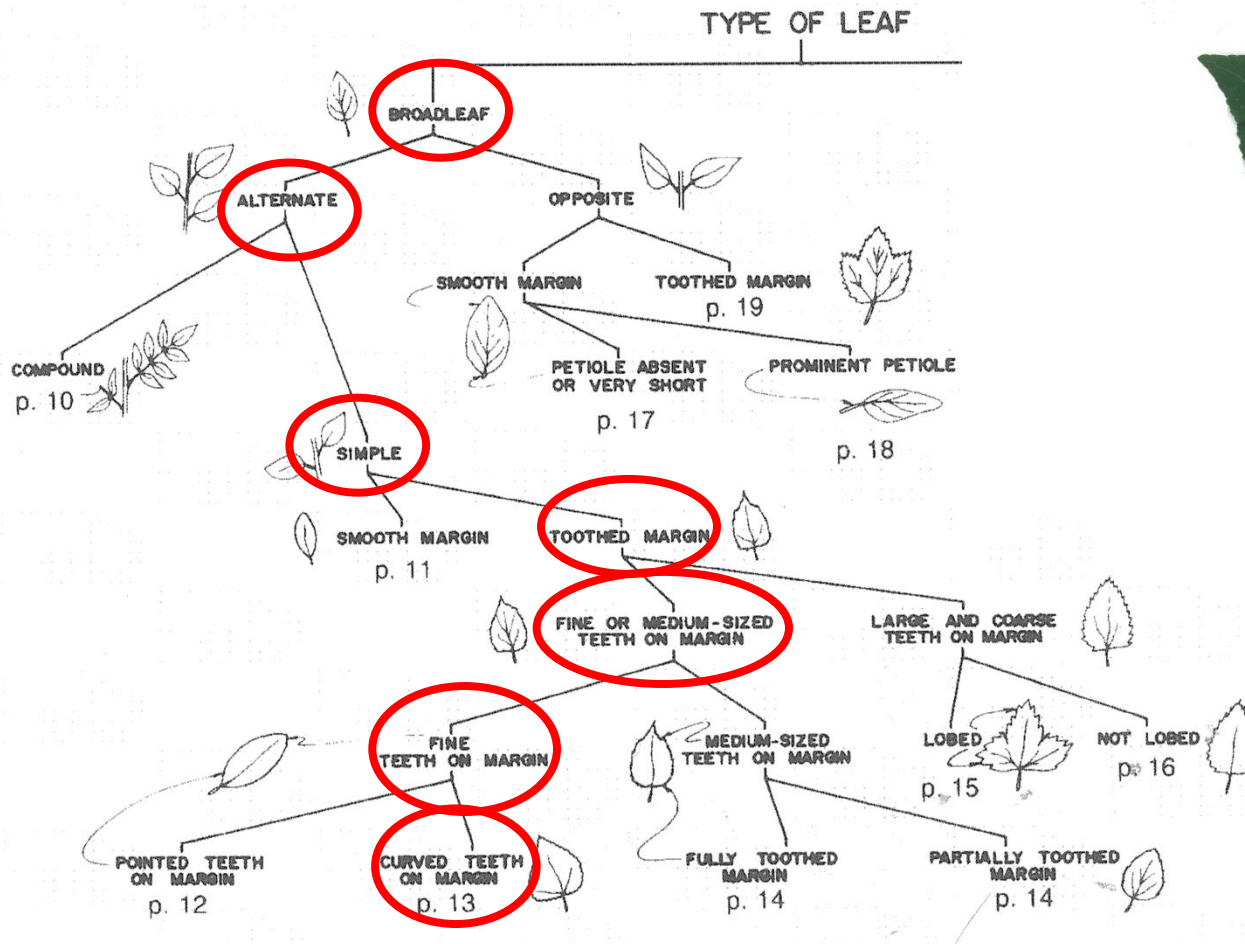


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# Identification



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Common Native  
Trees and Shrubs  
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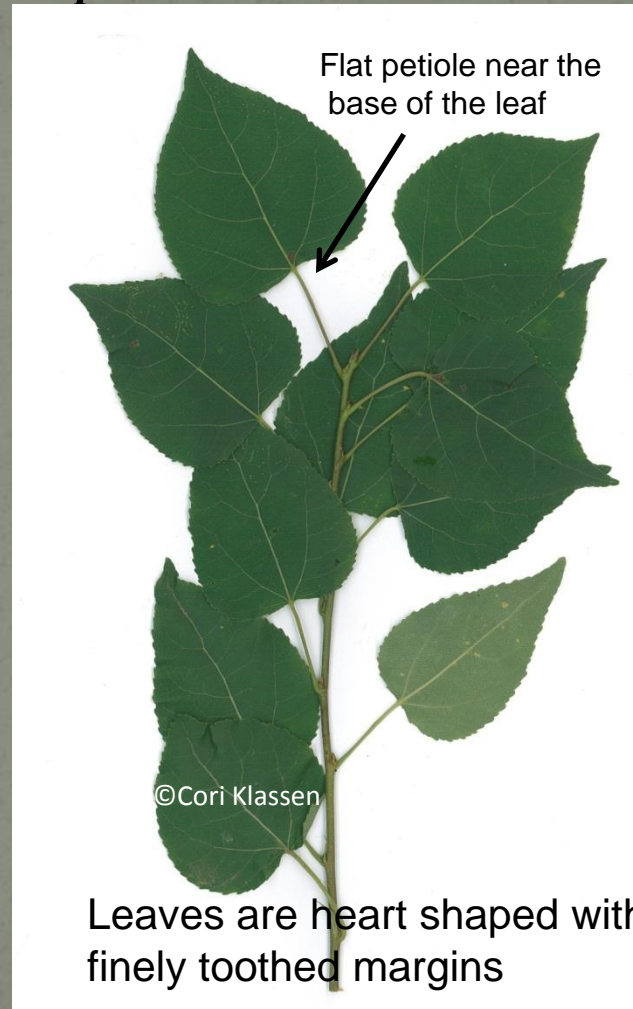
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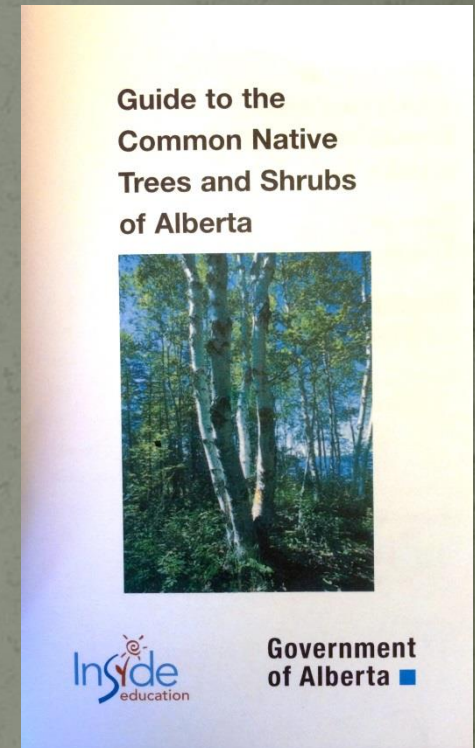
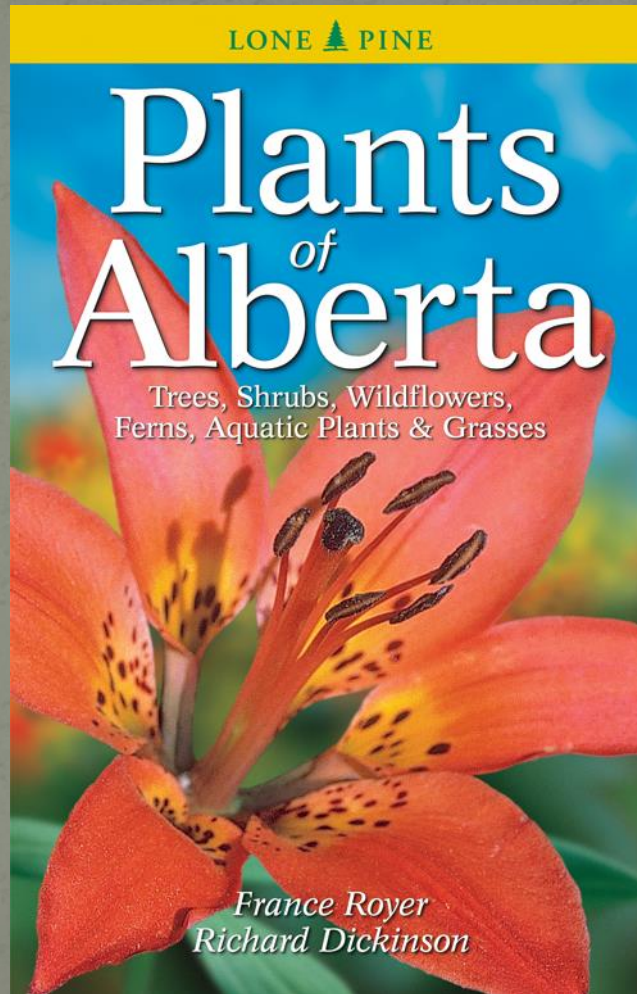
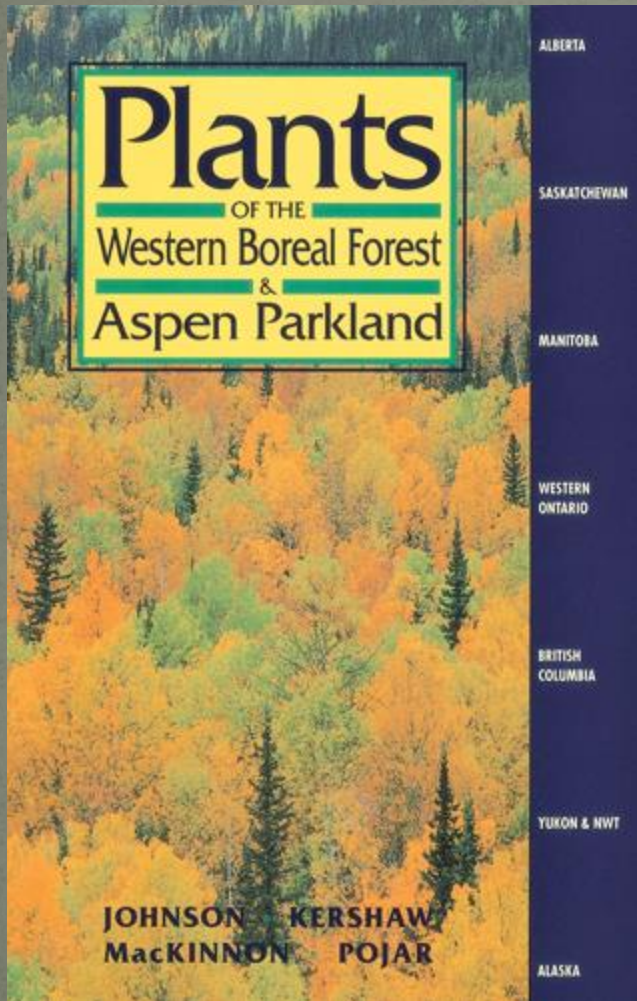
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# Resources



<http://www.insideeducation.ca>

