

# Balsam Fir

*Abies balsamea*

## Ecological Facts



Resin protects the tree from insects and disease by closing off any breaks in the bark. Resin in the seed coats may deter mice and squirrels from eating them. Balsam Fir usually grows in older forests.

## Commercial Uses



Balsam Fir trees are used as pulpwood, lumber, and Christmas trees. Wreaths and balsam pillows are bought because of their fresh scent. The resin is used in cough syrup.

## Medicinal Uses



The Cree use the fragrant resin to treat insect bites, cuts, burns, and various skin sores. The inner bark can be boiled and injected as a treatment for a cold or flu.

## Traditional Uses



The wood can be used to make canoe paddles. The resin can be used to seal the seams in birch bark canoes to make them waterproof.

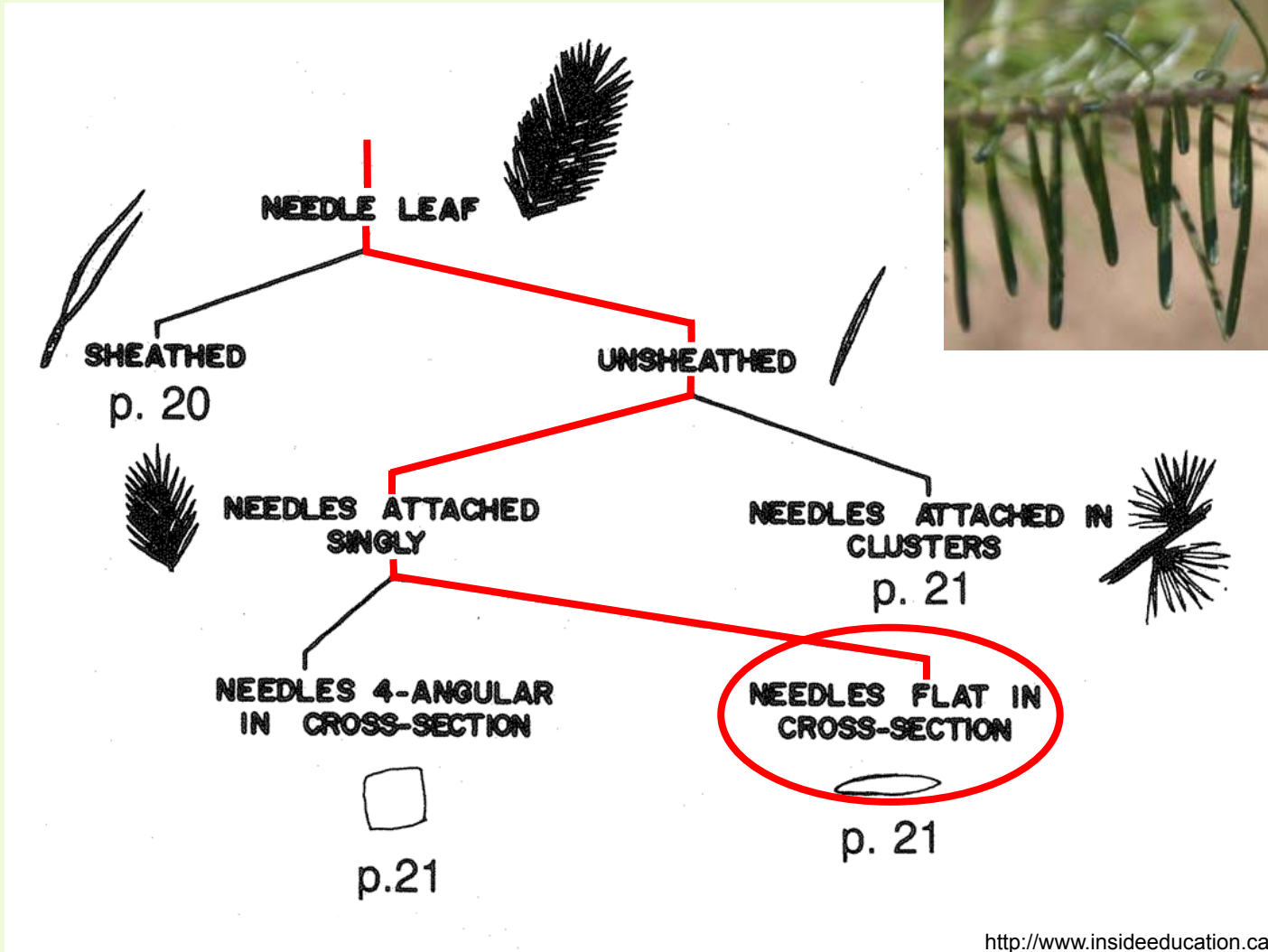
# Balsam Fir

## Distinguishing Features:

- Tree is cone shaped
- Flat needles
- Grey bark with raised **resin-filled blisters**



# Identification



Linfoot

# Resources

