

# Balsam Poplar

*Populus balsamifera*

## Ecological Facts



Moose and deer eat young balsam poplar trees. In the spring, bees collect the sticky resin from the buds and young leaves and use it to cement and waterproof their hives.

## Commercial Uses



Balsam poplar wood is used to make pulpwood, lumber, veneer, high-grade paper, and particle board. It can also be used to make boxes and crates. The short, fine fibres are used in tissues and other paper products.

## Medicinal Uses



The buds can be used to make a salve called the “balm of Gilead”. This is used by the Cree and Metis to treat various skin conditions such as eczema and psoriasis. Buds contain salicin, which is similar to the main ingredient in Aspirin.

## Traditional Uses



Thick pieces of balsam poplar bark can be carved into toys and also used for making spoons. In some northern regions, balsam poplar wood is the favorite for smoking fish.

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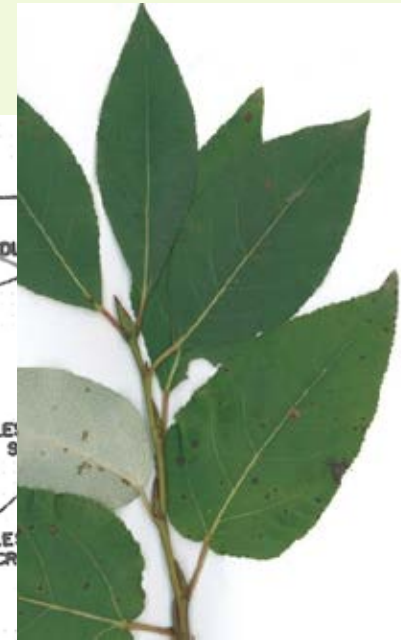
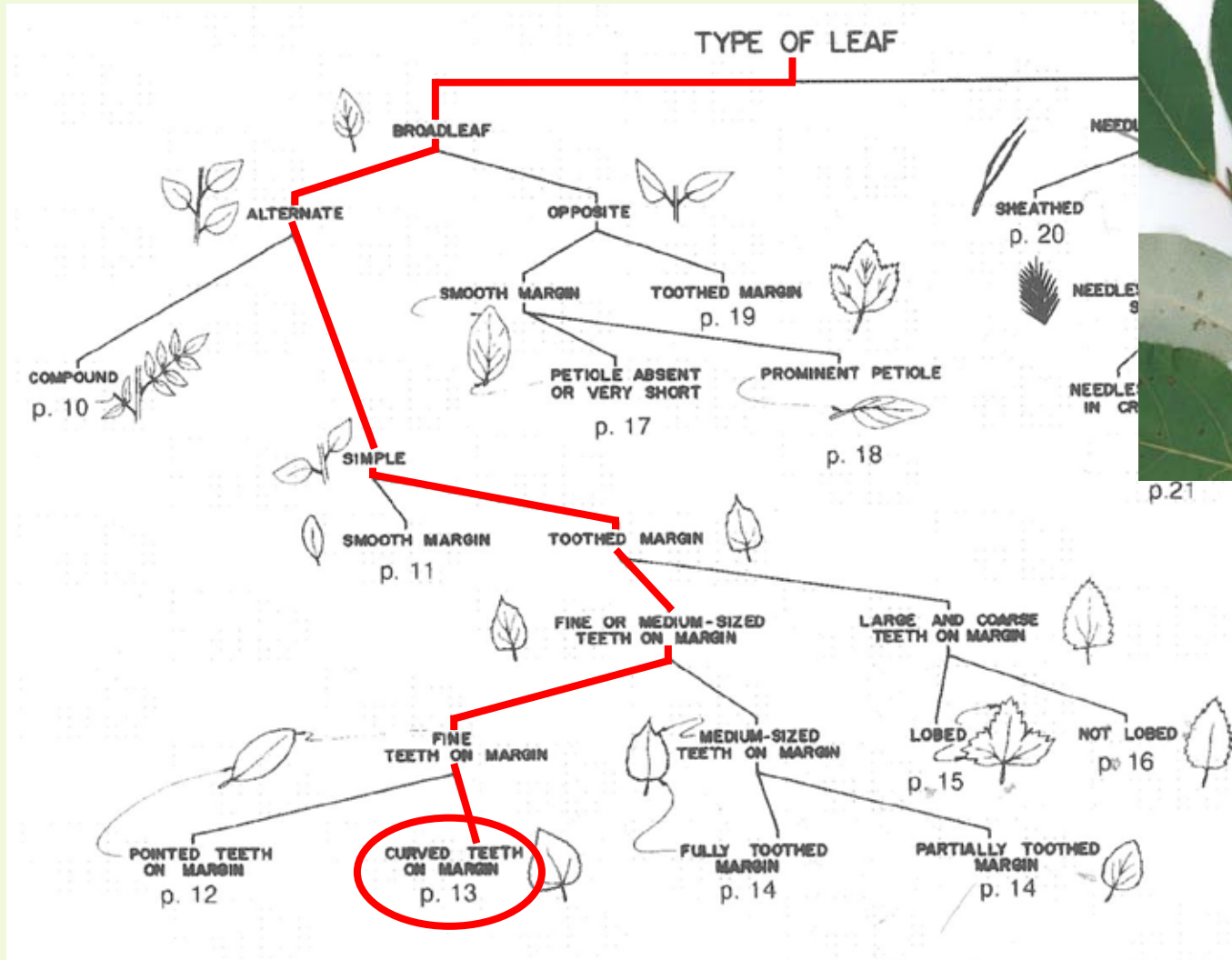


## Distinguishing Features:

- Leaves are large and oval with a pointed tip
- Leaves have very fine teeth
- Bark is thick and ridged
- The large buds are sticky with fragrant resin



# Identification



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# Resources

