

# Trembling Aspen

*Populus tremuloides*

## Ecological Facts



Aspen reproduces mainly by root suckering which means they can produce clones out of their roots. The trunk contains chlorophyll which gives the tree a green colour and allows it to photosynthesize before the leaves sprout in the spring. It is a main food source for beavers, deer, and moose.

## Commercial Uses



Aspen is used for pulpwood, plywood, wafer board, oriented strand board (OSB), boxes, chopsticks, and matches.

## Medicinal Uses



Leaves can be chewed and applied to insect stings. Aspen tea can be used to treat coughs, diarrhea, and kidney problems. The white powder on the bark can be used as sunscreen.

## Traditional Uses

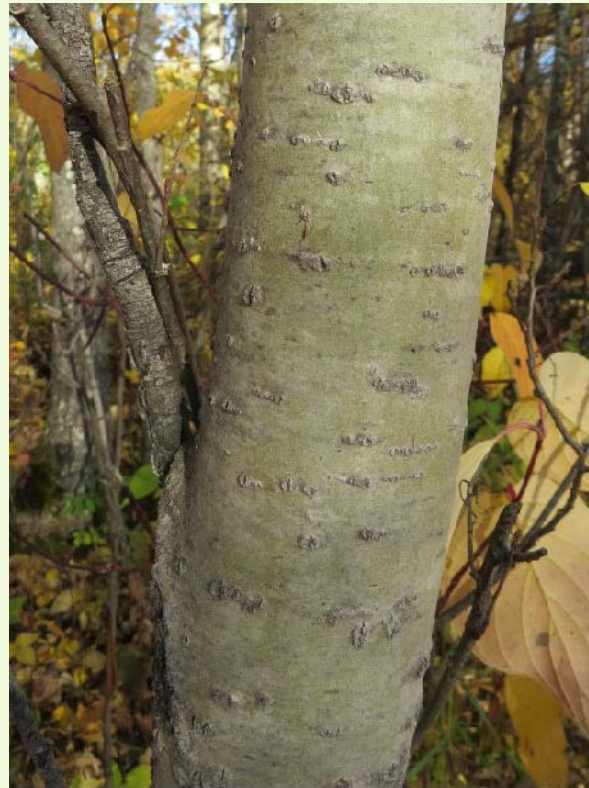


The Dene use aspen wood to make canoe paddles and toy whistles. Aspen poles can be used to make teepee frames. Snow shovels are also often made using aspen wood.

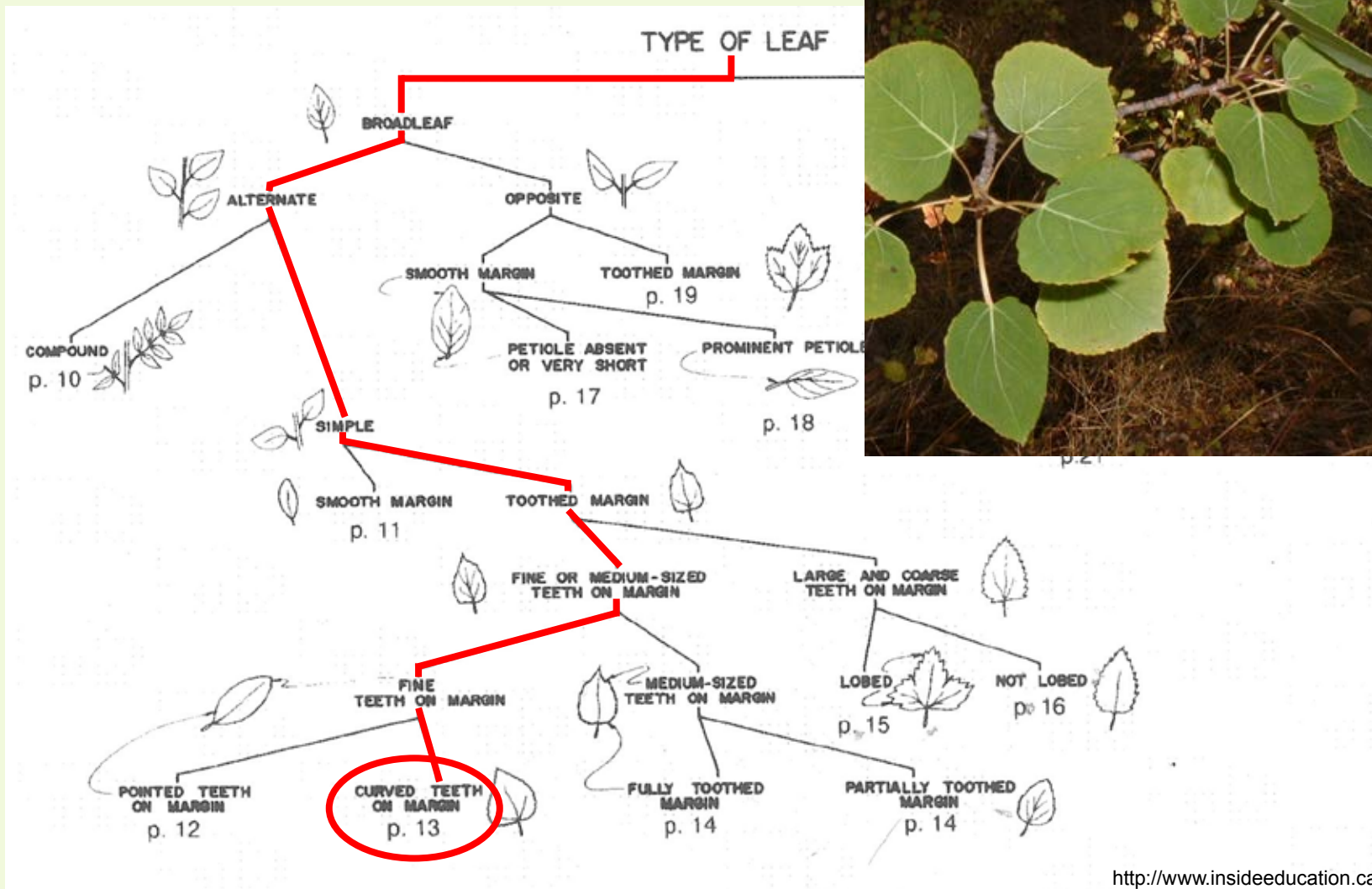
# Trembling Aspen

## Distinguishing Features:

- Leaves are oval or nearly round with a long flat stem that shakes in the wind
- The bark is whiteish green in colour



# Identification



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# Resources

