

# White Spruce

*Picea glauca*

## Ecological Facts



Various kinds of wildlife such as deer, grouse, and rabbits eat the branches in the winter. Birds and squirrels eat the seeds from the soft spruce cone.

## Commercial Uses



The wood is used for construction lumber, veneer, newsprint, and other paper products. It is excellent for canoe frames, paddles, and snowshoes. The resin is used today in medicine and chewing gum.

## Medicinal Uses



The Dene mix spruce sap with animal fat to make a salve for sores, infections, insect bites, boils, chapped hands, scratches, and cuts. The needles are high in vitamin C and can be consumed to prevent scurvy.

## Traditional Uses



The branches are traditionally used by the Dene people for lean-to shelters and wind breaks. The roots are used in the making of baskets. The gummy sap can be chewed like candy.

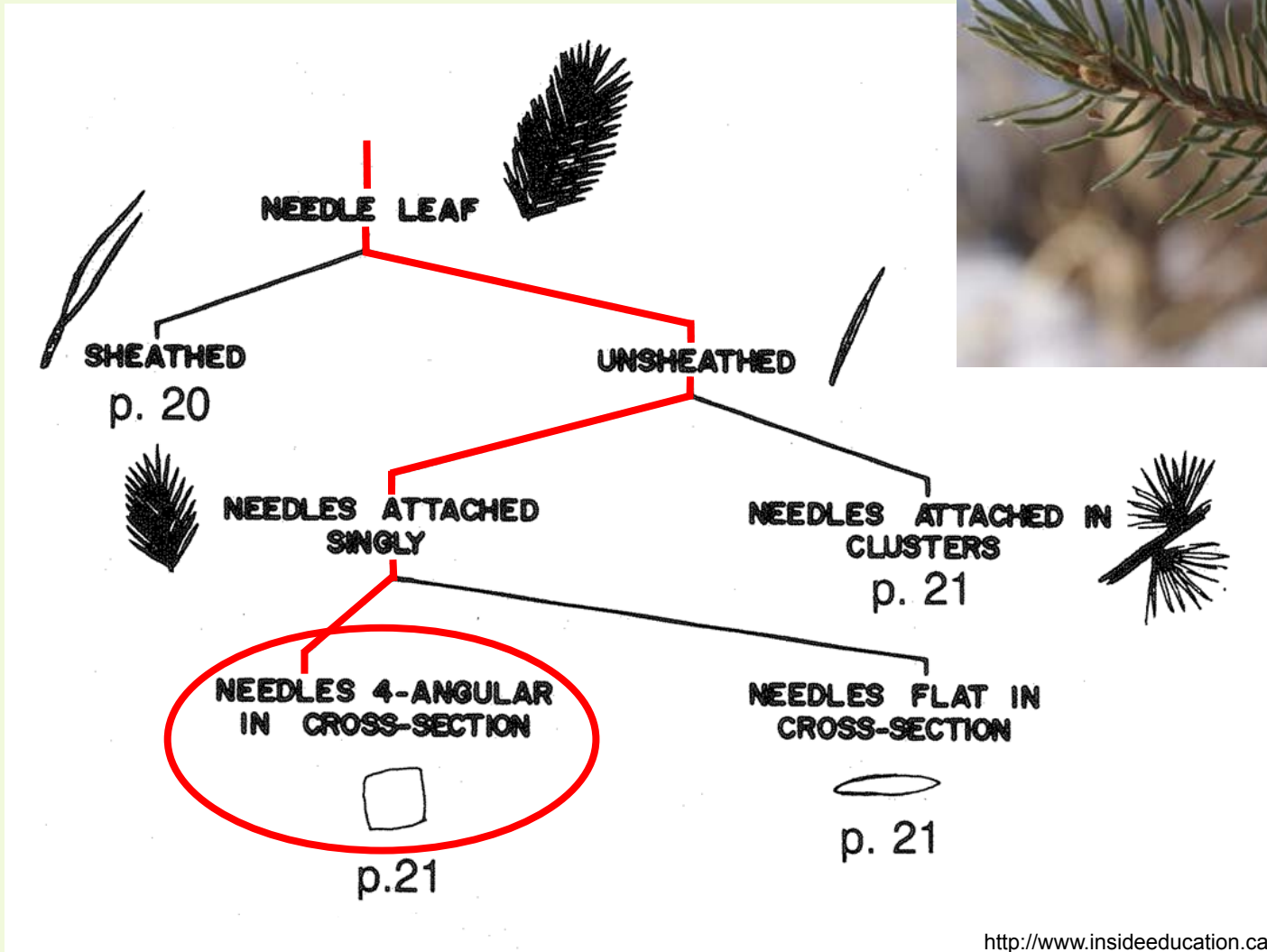
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## Distinguishing Features:

- Square needles
- Needles are short and attached singly on the branch



# Identification



# Resources

