

A close-up photograph of fir tree branches. The image shows a mix of vibrant green and silvery-blue needles, with some branches in sharp focus and others blurred in the background. The lighting is bright, highlighting the texture of the needles.

THE FIR TREE

From uses to care

What is a Fir tree?

- Firs (*Abies*) are about 45-55 species of evergreen trees in the family Pinaceae. Fir trees can reach heights of 10-80 m tall and trunk diameters of 4-5 m when mature. The difference between firs and other members of the pine family is that their needle-like leaves are attached to the twig by a base that resembles a small suction cup, and by erect, cylindrical female cones 5-25 cm long that release the winged seeds. The male cones are normally much smaller and spread through the tree so that the wind can help pollinate the female cones.
- Like all members of the pine family, these trees have a sticky sap called resin.

The uses of the Fir tree

- Fir wood is not good to use in buildings because it is not very resistant to insects and decay. It is usually cut or squeezed into thin sheets or pieces and made into plywood or chipboard for indoor or temporary outdoor use. However, fir trees are used widely in gardening. They can be used as shelter trees to protect other plants from wind or grown alone as decorative tree

Medicinal uses of the Fir tree

- Fir is a plant. People use the shoot and oil for medicine.
- Fir is taken by mouth for respiratory tract pain and swelling (inflammation), colds, cough, bronchitis, fever, and sore mouth and throat. It is also taken for muscle and nerve pain, tendency toward infection, and tuberculosis.
- Some people apply fir directly to the skin for muscle, nerve, and joint pain. It is also added to bathwater as a treatment for mental illness.

What does the Fire tree symbolize?

- In many cultures, fir trees were associated with fertility, life and immortality. Their evergreen needles were regarded as a sign of life, even in the cold winter months.

The legend of the Fir tree

- A long time ago, all the trees used to keep their leaves in winter. Just before Christmas, a small bird was unable to fly off to warm countries. His wing was broken. Shivering with cold. He found shelter in the leaves of the big oak tree.
- - Go away! I don't want you to eat my acorns.
- The old tree chased him away. The little bird flew off.
- He found refuge in the branches of the thick beech tree.
- - Do not stay here! You are going to peck all my nuts, the strong tree shouted.
- The little bird was terrified. He flew away and went to hide in the birch tree.
- - I don't want you here! You're going to make my branches dirty.
- And the beautiful tree chased him away.
- Rejected by all the trees, the little bird lay down to die.
- - Come here little one, come!
- Nearby, a fir tree was calling the little bird. Numb with the cold, the little bird dragged himself towards the
- kind fir tree.
- - Come here, don't be scared, I will protect you.
- On Christmas Eve, a violent wind blew through the forest.
- All the trees lost their leaves. The fir tree was the only one to remain green. He saved the little bird's life.
- Sheltered by the fir tree, slowly, the little bird recovered. And with the first rays of sunshine, he flew away, grateful.



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THANKS FOR YOUR TIME

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