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### *Cedrus atlantica*

[Synonyms : *Cedrus libani* subsp. *atlantica*, *Pinus atlantica*]

**CEDAR** is an evergreen tree. Native to North Africa (particularly Algeria, the Atlas mountain range and Morocco) it has small brown cones.

It is also known as African cedar, Algerian cedar, Atlantic cedar, Atlas cedar, *Atlassetri* (Finnish), *Atlaszeder* (German), Blue Atlas cedar, *Céder atlaský* (Slovak), *Cedr atlanský* (Czech), *Cedro* (Spanish), *Cedro Atlasa* (Esperanto), Mount Atlas cedar, Satinwood, and *Zeder* (German); and in flower language is said to be a symbol of beauty, ‘I live only for you’ (leaf), majesty, mercy, pride, strength, and ‘think of me’ (leaf).

Essential oil known as Libanol is extracted from the wood by steam distillation.

*Atlantica* means ‘of or from the Atlas Mountains (North Africa) or shores of the Atlantic’.

In Europe in the 16<sup>th</sup> Century the cedar was viewed as a life charm.

This durable wood is used locally for construction.

The oil is a commercial ingredient used by the toiletry industry for perfuming soap.

Medicinally, the fruit was used by some of the old English herbalists to treat period problems and urinary disorders, and the oil was recommended for remedies for bronchitis and tuberculosis.