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*Populus candicans*

[Synonyms : *Populus balsamifera*, *Populus balsamifera* var. *candicans*, *Populus balsamifera* var. *subcordata*, *Populus x gileadensis*, *Populus x jackii*, *Populus ontariensis*]

**BALM-OF-GILEAD** is a deciduous hybrid tree. It is of uncertain origin but may be Arabian. It is also known as Balm buds, Balsam poplar, Jack's poplar, Ontario poplar, Poplar, Poplar buds, and *Topol bělavý* (Czech).

Balm-of-Gilead is particularly attractive to bees.

*Candicans* means 'woolly white, shining or becoming pure white' with reference to the undersides of the leaves.

Familiar to some of the North American Indian tribes the resinous buds are known to have been used medicinally by the Malecite tribe. The Menominee boiled them in fat to produce an ointment for wounds, and as a cold cure the buds were put up the nostrils. Iroquois Indians included it as an ingredient in a mouth wash used for ulcers.

This soft lightweight wood has been used to make boxes.

Apart from its medicinal uses that are similar to those for the balsam poplar, *Populus balsamifera* (it can be used to treat stomach upsets and urinary problems) the leaves are eaten in some subtropical countries as both a cooked and salad vegetable.