

## Sizes of Pine Nuts by Tree Species

### Western United States Conifer Trees

Scientific Name	Common Name	Seeds Per Pound Average
<i>Abies amabilis</i>	Pacific silver fir	11,000
<i>Abies concolor</i>	White fir	12,000
<i>Abies grandis</i>	Grand fir	18,400
<i>Abies lasiocarpa</i>	Subalpine fir	34,400
<i>Abies procera</i>	Noble fir	13,500
<i>Chamaecyparis lawsoniana</i>	Port-Orford-cedar	210,000
<i>Chamaecyparis nootkatensis</i>	Alaskan yellow cedar	109,000
<i>Juniperus occidentalis</i>	Western juniper	12,300
<i>Juniperus scopulorum</i>	Rocky Mountain juniper	27,000
<i>Larix lyallii</i>	Alpine larch	163,000
<i>Larix occidentalis</i>	Western larch	137,000
<i>Libocedrus decurrens</i>	Incense-cedar	15,000
<i>Picea engelmannii</i>	Engelmann spruce	135,000
<i>Picea pungens</i>	Colorado blue spruce	127,000
<i>Picea Sitchensis</i>	Sitka spruce	210,000
<i>Pinus albicaulis</i>	Whitebark pine	3,000
<i>Pinus contorta</i> var <i>contorta</i>	Shore Pine	135,000
<i>Pinus contorta</i> var <i>latifolia</i>	Lodgepole pine	94,000
<i>Pinus coulteri</i>	Coulter pine	620
<i>Pinus edulis</i>	Pinyon pine	1900

Pinus jeffreyi	Jeffrey pine	4,000
Pinus lambertiana	Sugar pine	2,100
Pinus monophylla	Single leaf pinyon	500
Pinus Monticola	Western white pine	27,000
Pinus ponderosa	Ponderosa pine	12,000
Pinus sabiniana	Digger pine	580
Pseudotsuga menziesii	Douglas-fir	60,000
Pseudotsuga macrocarpa	Bigcone Douglas-fir	23,000
Sequoia sempervirens	Redwood	120,000
Sequoia giganteum	Giant sequoia	91,000
Taxus brevifolia	Pacific yew	15,000
Thuja plicata	Western red-cedar	440,000
Tsuja heterophylla	Western hemlock	260,000
Tsuja mertensiana	Mountain hemlock	114,000

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