Interreg Co-funded by the European Union
Northern Periphery and Arctic

CHARGE

Koivut Birch

Rauduskoivu Silver Birch *Betula pendula*

Hieskoivu Downy Birch *B. pubescens*



The birch is a familiar plant with a long history of use. Birch sap is permitted for use in all food products. There is interest in using birch leaf extract in beverages, in addition to its use in tea. **Problem**: the use of birch leaf extract in food products is not permitted.

Food Statuses

Sap/juice: NOT NOVEL IN FOOD — E

Leaves, flowers, bark and bud:

NOT NOVEL IN FOOD SUPPLEMENTS — R (FS)

(Young) leaves and bud: HERBAL TEA — Y

SPICE — M

GARNISH — A