PLANT FACT SHEET

Orchis mascula (L.) L.

GENUS *Orchis* **FAMILY** Orchidaceae

COMMON NAMES Early Purple Orchis, Male orchis, Spotted orchis

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers

The dried tubers are cooked and eaten as food.
It is also the source of a fine white powder used as food. This is used to make drinks or porridge.
They are used in ice cream.

DESCRIPTION

An orchid. It is 20-50 cm high. The leaves are usually spotted. The flower stalk carries 6-20 flowers. The flowers are 2 cm across. The flower colour varies from light rose to red-purple. The base of the lip is white with purple-red spots.

HABITAT

It is a temperate plant. It grows in light deciduous and mixed forest and open spaces. It grows from sea level in northern Europe to 3000 m in Southern Europe.

NOTES

There are about 33 Orchis species. It contains bassorin and starch.

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Uphof,

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