PLANT FACT SHEET

# *Herminium lanceum* (Thunb. ex Sw.) Vuijk

**GENUS** *Herminium* **FAMILY** Orchidaceae

## EDIBLE PARTS AND USES

**Edible parts:** Plant, Root

The whole plant is stewed with meat and eaten as a tonic.
The fleshy root is cooked with chicken or meat,

## DESCRIPTION

An orchid. It is 14-83 cm tall. The tubers are round or oval and 10-15 mm long by 5-12 mm wide. The stem has 2 tube shaped sheaths at the base. There are 2-4 leaves widely spaced on the stem. They are 6-20 cm long by 1 cm wide. The flowering stalk is 12-43 cm long. There are many flowers. They are pale yellowish green.

## HABITAT

It is a tropical plant. It grows in mixed forests, bamboo forests and grasslands between 700-3,600 m above sea level in southern China. It grows in Yunnan in China. In Sichuan.

## PRODUCTION

### Harvesting and Seed Production

In Yunnan plants are harvested in August and September.

## REFERENCES


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Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 79

Silveira, P. et al., 2008, The orchids of Timor: checklist and conservation status. Botanical Journal of the Linnean Society, 2008, 157, 197–215. With 4 figures



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