PLANT FACT SHEET

# *Orchis punctulata* Steven ex Lindl.

**GENUS** *Orchis* **FAMILY** Orchidaceae

**COMMON NAMES** Small-dotted orchid

## EDIBLE PARTS AND USES

**Edible parts:** Tuber - drink

The tuber is powdered and mixed with milk to make salep.

## DESCRIPTION

An orchid. The tubers are oval. The stem is 25-60 cm tall. There are 4-7 leaves in the lower half. The leaves are oblong to oval. The flower spike is cylinder shape and has many flowers. The flowers are yellow-green.

## HABITAT

It is a temperate plant. It grows at low altitudes.

## REFERENCES

Dogan, A. & Tuzlaci, E., 2015, Wild Edible Plants of Pertek (Tunceli-Turkey). Marmara Pharmaceutical Journal 19: 126-135

**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/2faf7d33-0c96-4c93-b386-1de832093591