PLANT FACT SHEET

Habenaria plantaginea Lindl.

GENUS *Habenaria* **FAMILY** Orchidaceae

COMMON NAMES Plantain orchid

EDIBLE PARTS AND USES

Edible parts: Tuber

It is roasted and eaten as a snack.

DESCRIPTION

An orchid. It grows 6-20 cm high. There are 3 or 4 leaves that are 6-9 cm long by 2-3 cm wide. They are narrowly oval and pressed against the ground. The flowers are white and about 26 cm long.

HABITAT

It is a tropical plant.

REFERENCES

Misra, R. C., et al, 2013, Genetic resources of wild tuberous food plants traditionally used in Similipal Biosphere Reserve, Odisha, India. Genetic Resources and Crop Evolution. Vol. 60 No. 2. Springer

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/325a1cd4-e964-4b2c-bd74-a1a42f2127ec