PLANT FACT SHEET

Gastrodia elata Blume

GENUS *Gastrodia* **FAMILY** Orchidaceae

COMMON NAMES Gastrodia tuber, Heaven hemp

EDIBLE PARTS AND USES

Edible parts: Root, Rhizome, Bulb

The potato like rhizomes are boiled in water for tea or cooked with chicken for soup. They are also used in drinks and bread.

DESCRIPTION

An evergreen shrubby orchid. It grows 60-100 cm high and spreads 30 cm wide. The roots are like tubers and 30-150 cm long. They are yellow-brown. The leaves are like small tear drops. The flowers are greenish-yellow or pale red. The fruit are round. The seeds are small.

HABITAT

A tropical plant. It grows attached to wood. It grows in high latitudes or altitudes in China. In Yunnan. In Sichuan.

PRODUCTION

Cultivation

It is cultivated on oak, willow or birch logs. These are inoculated with the fungus then covered with compost from the forest.

NOTES

It is also used in medicine. There are about 20 Gastrodia species.

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