PLANT FACT SHEET

Habenaria furcifera Lindley,

GENUS *Habenaria* **FAMILY** Orchidaceae

COMMON NAMES Sankalo

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The tender shoots and leaves are cooked as a vegetable.

DESCRIPTION

A ground orchid. It grows to about 50 cm high. It has oval tubers 4-5 cm long by 2-3 cm wide. The leaves do not have stalks. The leaves are 8-11 cm long by 2-3.5 cm wide. They are oval and taper. The flowers are green.

HABITAT

It is a subtropical plant. It grows between 150-600 m altitude. It grows in moist, shady places. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed or false bulbs.

NOTES

There are about 500-600 Habenaria species.

REFERENCES

Flora of Pakistan. www.eFloras.org

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 254

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/44058fd6-bbc7-46fe-ba2a-5dcc2454fee2