PLANT FACT SHEET

Habenaria dentata (Sw.) Schltr.

GENUS *Habenaria* **FAMILY** Orchidaceae

COMMON NAMES Toothed habenaria

EDIBLE PARTS AND USES

Edible parts: Tuber

The tuber is used in stew and soup.

DESCRIPTION

An orchid that has a tuber. It grows about 35-80 cm tall. The tuber is smooth and round. The leaves are 4-8 cm long. The flower spike is 4-8 cm long.

HABITAT

It is a subtropical plant.

REFERENCES

Liu, S., et al, 2023, Wild edible plants and their cultural significance among the Zhuang ethnic group in Fangchenggang, Guangxi, China. Journal of Ethnobiology and Ethnomedicine. 19:5

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4b68fe82-9f24-4229-a501-db366beea2b5