PLANT FACT SHEET

Peristylus constrictus (Lindl.) Lindl.

GENUS *Peristylus* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Tuber

DESCRIPTION

An orchid. It grows on the ground. It grows 45-77 cm tall. It forms a tuber. The tuber is oblong and 3-4 cm long by 0.8-1.5 cm wide. The stems have 4-6 sheaths at the base. The leaves at the base are clustered and 5-13 cm long by 3.5-6.5 cm wide. The flowering stalks are 21-42 cm long. There are many flowers. The flowers are white.

HABITAT

It is a tropical plant. It suits the wet tropics.

REFERENCES

Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 153

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4c78f6a3-9f6c-452d-ac2c-d6b287ac818d