PLANT FACT SHEET

Disa sp.

GENUS *Disa* **FAMILY** Orchidaceae

COMMON NAMES Chinaka, Chikande

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tubers are washed, pounded, the skin removed, dried in the sun then repounded. They are then boiled in water and then dried. This is then boiled with salt and eaten.

DESCRIPTION

A ground orchid. It forms tubers.

HABITAT

A tropical plant.

NOTES

There are about 125 Disa species in Central and Southern Africa.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/568c9a03-63cf-48e9-8149-125cd27e227a