PLANT FACT SHEET

Habenaria praestans Rendle

GENUS *Habenaria* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

DESCRIPTION

An orchid. It grows 30-100 cm tall. There are 6-12 leaves and the lowest 2 sheath the stem. The flowering shoot is 13-25 cm long by 4-8 cm wide. There are many flowers in a dense group. The flowers are green with a white centre. The tubers are 3.5 cm long.

HABITAT

It is a tropical plant.

REFERENCES

Ndaki, P. M., et al, 2021, Challenges Posed by Climate Change and Non-Climate Factors on Conservation of Edible Orchid in Southern Highlands of Tanzania: The Case of Makete District. Journal of Global Ecology and Environment. 13(4): 144-167

Nyomora, A. M. S., 2005, Distribution and Abundance of the Edible Orchids of the Southern Highlands of Tanzania. Tanz. J. Sci. Vol 31(1) p 47

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5722763e-1d88-45aa-b16f-4b8299486e3c