PLANT FACT SHEET

Habenaria walleri Reichb.f.

GENUS *Habenaria* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Pseudobulbs, Tubers, Root

The tuber needs special preparation. 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

An orchid. It is a slender herb. It grows in the soil. It grows up to 80 cm tall. The tuber is 4 cm long by 2 cm wide. There are 7-10 erect leaves. They are oval and the largest one is 6-14 cm long. The leaves are close to the stem. The flowers are large and white with green sepals. They form a head 8-28 cm long. They have a sweet scent at night. The fruit are thin capsules that open by slits to release the very small seeds.

HABITAT

A tropical plant. It grows in marshes and grassland. In Tanzania it grows between 1,000-2,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from tubers.

Harvesting and Seed Production

In Tanzania tubers are harvested May to July. Tubers can be stored in a cool dry place for several weeks.

NOTES

There are about 500-600 Habenaria species.
It is becoming rare due to over harvesting. Plants should be cultivated not simply harvested from the wild.

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