PLANT FACT SHEET

Cephalanthera longifolia (L.) Fritsch

GENUS *Cephalanthera* **FAMILY** Orchidaceae

COMMON NAMES Narrow-leaved helleborine, Sword-leaved Helleborine

EDIBLE PARTS AND USES

Edible parts: Bulb

DESCRIPTION

An orchid. It grows 20-60 cm tall. The stem is slender with 3-5 loosely clasping sheaths. There are 4-7 leaves. These are narrow and 4-16 cm long by 0.5-3 cm wide. There are 2-20 flowers on a flowering stem.

HABITAT

It is a temperate plant.

REFERENCES

Yonzone, R., et al, Orchids in Ethnobotany. Ethnobotany and Medicinal Plants. ISBN 978-93-5067-867-1 (As Cephalanthera ensifolia)

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7fd30560-6f20-4d43-a0ac-531bcbce44b9