PLANT FACT SHEET

Habenaria malacophylla Rchb.f.

GENUS *Habenaria* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Tubers

The tubers are best cooked.

DESCRIPTION

An orchid. It is a slender plant 25-100 cm tall. It is leafy in the middle of the stem. The flowers are small and green on long stalks. The flowering shoots are 11-30 cm long by 3-4 cm wide.

HABITAT

It is a Mediterranean plant.

REFERENCES

Miller, A. G., Morris, M. & Stuart-Smith, S., 1988, Plants of Dhofar. The Southern Region of Oman, Traditional, Economic and Medicinal Uses. Sultanate of Oman. p 220

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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/82474a5e-34f5-441d-a6e4-c63d6856c66c