PLANT FACT SHEET

Disa welwitschii Reichb. f.

GENUS *Disa* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Tuber, Root

DESCRIPTION

An orchid that grows in the ground. It grows 20-100 cm tall. There are 2-4 leaves on a non flowering shoot. These are narrow and 10-30 cm long. They are folded along their length. The leaves on the flowering shoot are sword shaped and 3-10 cm long. The flowering shoots are 3-14 cm long and have 20-100 flowers densely crowded along them. The flowers are bright orange to red.

HABITAT

It is a tropical plant. It grows in wet grassland. In Zimbabwe it grows between 900-2,400 m above sea level.

REFERENCES

Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA., p 61

Veldman, S., et al, 2018, Trade in Zambian Edible Orchids–DNA Barcoding Reveals the Use of Unexpected Orchid Taxa for Chikanda. Genes 2018, 9, 595

PROVIDED BY **Food Plants International**

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/a05417e2-3f36-4b2b-bc4e-24400d8f9add