PLANT FACT SHEET

Habenaria myodes Summerh.

GENUS *Habenaria* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Tubers

The tubers are best cooked.

DESCRIPTION

An orchid. It grows 30-50 cm tall. The tubers are round or oval. They are 1-2 cm across. The stems are erect and leafy. The leaves are narrowly oval and 30 cm long by 3.5 cm wide. They taper to the tip and sheath the stem at the base.

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/aa8aab82-9331-460b-91de-3565c81c1088