PLANT FACT SHEET

Spiranthes sinensis (Persoon) Ames

GENUS *Spiranthes* **FAMILY** Orchidaceae

COMMON NAMES Ladies' tresses

EDIBLE PARTS AND USES

Edible parts: Tuber, Root, Bulb, Flowers, Leaves

The fleshy root is cooked with chicken or pork.

DESCRIPTION

An orchid. It is 50 cm high. The roots are 2-3 mm across. It has a few leaves in a ring at the base. The flower stalk has numerous flowers arranged in a spiral on the upper part of the stalk. Each flower is 6 mm long. Only one third of the flowers open at one time. The colour can be white or with purple.

HABITAT

It is a temperate plant. It grows in grassland and open forest. It can grow on the edge of swamps and become a lawn weed. It grows from sea level to moderate altitudes in temperate regions and higher in the tropics. It grows in wet grasslands between 300-3,400 m above sea level in China.

NOTES

There are 25 Spiranthes species. Spiranthes australis has now been separated off from Spiranthes sinensis.

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