PLANT FACT SHEET

Orchis militaris (L.) Hornmen.

GENUS *Orchis* **FAMILY** Orchidaceae

COMMON NAMES Military orchis, Soldier orchis

EDIBLE PARTS AND USES

Edible parts: Root

The bulb is a source of edible starch, after processing and drying.

DESCRIPTION

An orchid. It is robust and 25-50 cm high. The tubers are oval and 1-1.5 cm across. The leaves form a ring and are glossy light green. The flower stalk carries 20-30 flowers. The flowers are 2 cm across. The lip is pink with small dark purple, hair like tufts.

HABITAT

It is a temperate plant. It grows on calcareous soils in dry grassland and light forests. It grows between sea level and 1800 m altitude.

NOTES

There are about 33 Orchis species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c0cbe670-b913-4a41-91e4-8a3ca824478e