PLANT FACT SHEET

Kitiorchis indica (Lindl.) C.F.Narret, Freudenst. & Suetsugu

GENUS *Kitiorchis* **FAMILY** Orchidaceae

COMMON NAMES Indian oreorchis

EDIBLE PARTS AND USES

Edible parts: Bulbs

The bulbs are eaten boiled or stir fried.

DESCRIPTION

An orchid. It grows 18-36 cm tall. The bulbs are oval and about 1 cm long by 1 cm wide. The bulbs form a chain connected by the rhizome.

HABITAT

It is a temperate plant. It grows in forests and alpine meadows between 2,500-3,400 m above sea level. It grows in Sichuan and Yunnan in China.

PRODUCTION

Harvesting and Seed Production

In Yunnan the bulbs are harvested from June to August.

REFERENCES

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28 (As Oreorchis foliosa var. indica)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c3c3e531-7914-4877-bc7e-f2d65a9f254f