PLANT FACT SHEET

Habenaria cirrhata (Lindl.) Rchb.f.

GENUS *Habenaria* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

DESCRIPTION

An orchid. It is an erect herb that grows 40-110 cm tall. The leafy stem has 9-13 leaves with the lowest ones sheathing the stem. The flowers are large and greenish white. The tubers are 4.5 cm long by 2.5 cm wide.

HABITAT

It is a tropical plant. It grows in grasslands.

REFERENCES

Assede, E. S. P.,et al, 2017, Folk perceptions and patterns of use of orchid species in Benin, West Africa. Flora et Vegetatio Sudano-Sambesica 20, 26-36

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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/c619471e-bba8-478c-a2a8-41fafd417d56