PLANT FACT SHEET

Disa ochrostachya Rchb.f.

GENUS *Disa* **FAMILY** Orchidaceae

COMMON NAMES Golden candle disa

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

DESCRIPTION

An orchid. It grows 25 - 80 cm tall. The flowering stems have sword shaped leaves that sheath the stem. The flowering spike is long and slender. The flowers are yellow with orange marks. They are 1 cm across.

HABITAT

It is a tropical plant.

REFERENCES

Hamisy, W. C., 2007, Development of Conservation Strategies for the Wild Edible Orchid in Tanzania. National Plant Genetic Resources Centre. Arusha, Tanzania. p 12

Mapunda, L. N. D., Edible Orchids in Makete district, the Southern Highlands of Tanzania: Swedish Biodiversity Centre. CBM Master's Thesis.

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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/c91ed61f-5ebc-402a-b020-19f25f9b2c41