PLANT FACT SHEET

Habenaria conopsea (Willdenow) Bentham

GENUS *Habenaria* **FAMILY** Orchidaceae

COMMON NAMES Hand ginseng

EDIBLE PARTS AND USES

Edible parts: Tuber, Root

The tuber is cooked in soup.

DESCRIPTION

An orchid that grows in soil. It grows 30-80 cm high. It has fleshy lobed tubers. There are 4-7 leaves. They are along the stalk. These are sword shaped and 6-15 cm long. The flowers are pink to purple. They are in a spike 6-15 cm long. The lip has 3 lobes. The fruit is a capsule 1 cm long.

See Gymnadenia conopsea

HABITAT

It is a temperate plant.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 330

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 45

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d0582f21-ef56-4bb2-b179-62258e4f3315