PLANT FACT SHEET

Habenaria intermedia D. Don

GENUS *Habenaria* **FAMILY** Orchidaceae

COMMON NAMES Thunma

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves

The roots are boiled and eaten.
The tender leaves are cooked as a vegetable.

DESCRIPTION

An orchid. It grows to about 50 cm high. The leaves do not have leaf stalks. The leaves are 8-18 cm long. They are oval with a long point. The flowers are white.

HABITAT

It is a temperate plant. In Nepal it grows between 2000-3300 m altitude. It grows in open grasslands.

PRODUCTION

Cultivation

Plants are grown from seed or false bulbs.

NOTES

There are about 500-600 Habenaria species.

REFERENCES

Flora of Pakistan. www.eFloras.org

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 254

Yonzone, R., et al, Orchids in Ethnobotany. Ethnobotany and Medicinal Plants. ISBN 978-93-5067-867-1

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d08f25cf-2203-46fa-8a70-b2de0cc39587