PLANT FACT SHEET

# *Prosthechea cochleata* (L.) W. E. Higgins

**GENUS** *Prosthechea* **FAMILY** Orchidaceae

**COMMON NAMES** Tree orchis

## EDIBLE PARTS AND USES

**Edible parts:** Bulbs

The pseudobulbs are used to provide an edible mucilage like okra.

## DESCRIPTION

An orchid. It grows attached to rock and plants. It has a false bulb 9-20 cm long. This produces leaves 20-30 cm long and a flowering scape 20-50 cm long.

## HABITAT

It is a tropical plant.

## REFERENCES


Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 164 (As Epidendrum cochleatum)

Fern, K., 2012, Tropical Species Database http://theferns.info/tropical/

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 705

Kew Plants of the World Online

Lovelock, (As Epidendrum cochleatum)



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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/d72b04bc-74a7-4d30-bf18-a5513058d6ba