PLANT FACT SHEET

Aplectrum hyemale (Muhl. ex Willd.) Nutt.

GENUS *Aplectrum* **FAMILY** Orchidaceae

COMMON NAMES Puttyroot, Adam & Eve

EDIBLE PARTS AND USES

Edible parts: Corm, Root

The corm can be boiled for 20 minutes and served with butter.

DESCRIPTION

An orchid.

HABITAT

It is a temperate plant.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 164
Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 10

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d8ee1382-9c51-41f2-9087-df0276984a4e