PLANT FACT SHEET

Platanthera bifolia (L.) Rchb.

GENUS *Platanthera* **FAMILY** Orchidaceae

COMMON NAMES Butterfly orchid

EDIBLE PARTS AND USES

Edible parts: Bulb, Roots, Flowers

The starch of the bulb is used in dishes, porridge and bread.

DESCRIPTION

An orchid. It grows 28-42 cm tall. The rootstock forms tubers. They are oval and taper at the base. They are 3 cm long by 1 cm wide. The stem is erect with 1 or 2 tubes shaped sheaths at the base. The leaves are at the base and spoon shaped or narrowly oval. They are 9-12 cm long by 2-4 cm wide. They contract at the base. The flowers are white or greenish white and have a scent.

HABITAT

It is a temperate climate plant. It grows in forests on slopes and damp meadows between 200-2,800 m above sea level. In Sichuan.

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