PLANT FACT SHEET

Cypripedium cordigerum D.Don

GENUS *Cypripedium* **FAMILY** Orchidaceae

COMMON NAMES Jibre

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves are cooked as a vegetable.

DESCRIPTION

An orchid. It grows to about 60 cm high. It has 2-5 leaves. They are well spaced along the stems. The leaves do not have stalks. They are about 15 cm long. They are oval to sword shaped. There are 1 or 2 flowers. The flowers are white or pale yellow. The flowers are 4-6 cm long.

HABITAT

It is a temperate plant. It grows between 2000-3800 m altitude in Nepal. It grows in moist, shady places. It is a hardy plant.

PRODUCTION

Cultivation

Plants can be grown from seed or by splitting of young buds.

NOTES

There are 35-45 Cypripedium species. They grow in temperate climates.

REFERENCES

Holliman, J., (Ed.), 2002, Orchids. Botanica's Pocket. Random House, Australia. p 179

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 186

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/decb0756-bfb0-42ab-8f57-c3451b250933