PLANT FACT SHEET

Dactylorhiza hatagirea (D. Don) Soo

GENUS *Dactylorhiza* **FAMILY** Orchidaceae

COMMON NAMES Marsh orchid

EDIBLE PARTS AND USES

Edible parts: Leaves, Tubers, Root

The young leaves and shoots are eaten as a vegetable.
The tubers are eaten.

DESCRIPTION

An orchid. It grows to 45 cm high. The stem is stout and leafy. The roots are tuberous. They are slightly flattened and divided into 3-5 finger-like lobes. The leaves are 6-12 cm long by 2-4 cm wide. They are oblong and the base sheaths the stem. The flowers are purple. They are narrowly sword shaped.

HABITAT

It is a temperate plant. In Nepal it grows between 2800-3800 m altitude. In the Indian Himalayas it grows between 3,000-4,200 m above sea level. It grows in marshy open places and conifer forest.

PRODUCTION

Cultivation

Plants are grown from seed or tuberous roots.

NOTES

There are 33 Dactylorhiza species. They grow in trees and lose their leaves.

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