PLANT FACT SHEET

Habenaria humilior Rchb.f.

GENUS *Habenaria* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Roots

DESCRIPTION

An orchid. It is a herb that grows 15-70 cm tall. The stems have 4-13 leaves. The lowest 2 form sheaths around the stem. The largest leaves are 5-23 cm long by 0.5-2.2 cm wide. The flowering shoots are 5-25 cm long. There can be a few or many flowers. These are white or green. The tubers are 1-2 cm long and round or oval.

HABITAT

It is a tropical plant. It grows in well watered grassland.

REFERENCES

Nyomora, A. M. S., 2005, Distribution and Abundance of the Edible Orchids of the Southern Highlands of Tanzania. Tanz. J. Sci. Vol 31(1) p 47

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ee30bb1c-6e51-44a7-b9eb-78939bc6e873