PLANT FACT SHEET

Cynorkis flexuosa Lindl.

GENUS *Cynorkis* **FAMILY** Orchidaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

DESCRIPTION

An orchid. The flowers are yellow.

HABITAT

A tropical plant. It grows from sea level to 2,000 m above sea level.

REFERENCES

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 73 (As Cynorchis flexuosa)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fa5ed593-0f14-4f9d-a53d-b7719f50c315