



## PLANT FACT SHEET

# *Satyrium macrophyllum* Lindl.

GENUS *Satyrium* FAMILY Orchidaceae

COMMON NAMES Pink-head orchid

## EDIBLE PARTS AND USES

**Edible parts:** Roots

The tubers are peeled and washed and then cooked and eaten like potatoes. They are also peeled and pounded and the flour fermented and then baked into cakes.

## DESCRIPTION

A herb. It is an orchid that grows in the soil. It grows 15-80 cm high. There are 6-10 leaves. The lowest ones form a sheath. The higher leaves are 24 cm long by 8 cm wide. The flowering stalks are 22 cm long. There are many flowers. The flowers are pink. The tubers are 2.5 cm long by 1 cm wide. They are oval.

## HABITAT

It is a tropical plant. In South Africa, it grows in grassland and woodland between 1,000-1,940 m above sea level. In Tanzania it grows between 1,200-2,900 m above sea level.

## PRODUCTION

### Cultivation

Plants can be grown from tubers.

### Harvesting and Seed Production

Tubers are dug up during and soon after the rainy season. Tubers can be stored for several months if kept cool and dry.

## NOTES

Over collecting has meant that the plant is at risk.

## REFERENCES

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**ONLINE FACT SHEET** <https://www.echocommunity.org/en/resources/fe8f7869-93c2-4bbe-af5e-50e47f604b08>