

T. K. Lim

Edible Medicinal and Non-Medicinal Plants

Volume 11,
Modified Stems, Roots, Bulbs

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Introduction

This book continues as volume eleven of a multi-compendium on *Edible Medicinal and Non-Medicinal Plants*. It covers plants with edible modified storage subterranean stems (corms, rhizomes, stem tubers) and unmodified subterranean stem stolons, above-ground swollen stems and hypocotyls, storage roots (tap root, lateral roots, root tubers) and bulbs that are eaten as conventional or functional food as vegetables and spices, as herbal teas, and may provide a source of food additive or nutraceuticals. A list of such edible plant species from families Acanthaceae to Zygophyllaceae are presented in a tabular form and 32 such edible species from the families Alismataceae, Amaryllidaceae, Apiaceae, Araceae, Araliaceae, Asparagaceae, Asteraceae, Basellaceae, Brassicaceae and Campanulaceae had been covered in detail in preceding volume 9. Nineteen edible species from the families Amaranthaceae, Cannaceae, Cibotiaceae, Convolvulaceae, Cyperaceae, Dioscoreaceae, Euphorbiaceae and Fabaceae had been covered in detail in volume 10. This volume 11 covers in detail 18 edible species in the families Iridaceae (1), Lamiaceae (1), Marantaceae (1), Nelumbonaceae (1), Nyctaginaceae (1), Nymphaeaceae (3), Orchidaceae (4), Oxalidaceae (1), Piperaceae (1), Poaceae (2), Rubiaceae (1) and Simaroubaceae (1). Other species from these families with edible modified stems, roots and bulbs are listed in Table 1. Many plants with such edible plant parts that are better known for their

edible fruits or flowers have been covered in earlier volumes and for those better known for other non-reproductive plant parts will be covered in latter volumes.

As in the preceding ten volumes, topics covered include: taxonomy (botanical name and synonyms); common English and vernacular names; origin and distribution; agro-ecological requirements; edible plant part and uses; plant botany; nutritive and medicinal/pharmacological properties with up-to-date research findings; traditional medicinal uses; other non-edible uses; and selected/cited references for further reading.

A corm or bulbotuber is defined as a short, vertical, swollen underground plant stem that serves as a storage organ used by some plants to survive unfavourable adverse periods. It bears membranous or scaly leaves and buds. Some examples of plants with edible corms are found in *Amorphophallus* spp., *Colocasia esculenta* (taro), *Eleocharis dulcis* (Chinese water chestnut), *Sagittaria* spp. (arrowhead or wapato) and *Xanthosoma* spp. (cocoyam or tannia). Corms often give rise to many small secondary corms or cormlet called cormels at the end of very short stolons.

Rhizome is a modified subterranean stem of a plant that is usually found underground, producing roots and shoots. It is used by the plant as storage organ and whole rhizome or pieces of the rhizome serves as vegetative propagules to give rise to new plants. Examples of plants with edible

rhizomes include gingers (*Zingiber* spp.), turmeric (*Cucurma longa*), greater galangal (*Alpinia galanga*), lesser galangal *Alpinia officinarum*), sand ginger or kencur (*Kampferia galanga*), lotus root (*Nelumbo nucifera*), *Typha* spp., fingerroot (*Boesenbergia rotunda*) and arrowroot (*Maranta arundinacea*).

A stem tuber is a modified plant storage organ that is formed from thickened rhizome or stolon. The tops or sides of the tuber produce shoots that grow into typical stems and leaves and the undersides produce roots. The stem tuber has all the parts of a normal stem, including nodes (eyes) and internodes. A stem tuber may start off as an enlargement of the hypocotyls of the seedling and may include the epicotyl or upper section of the root as is in the case of maca (*Lepidium meyenii*). More commonly as in *Plectranthus esculenta* in the Lamiaceae family, numerous tubers are formed on short stolons that arise from the base of the stem, or as in potatoes tubers are formed as enlarged stolons thickened and enlarged into storage organs. In some *Cyperus* species e.g. tigernut or chufa (*C. esculentus*), the stolons end with the growth of tubers that can give rise to new plants. Other striking examples of plants with stem tubers include hog potato or groundnut (*Apios americana*), Jerusalem artichoke or sunchoke (*Helianthus tuberosus*), earthnut pea (*Lathyrus tuberosus*), oca or New Zealand yam (*Oxalis tuberosa*), Chinese artichoke or crosne (*Stachys affinis*), mashua or añu (*Tropaeolum tuberosum*) and ulluco (*Ullucus tuberosus*). In Botany, a stolon is an horizontal modified stem arising from the base of a plant that produces new plants from buds at its tip or nodes and forms adventitious roots at the nodes, it can be creeping above the ground surface or underground. An example of a plant with edible stolon is *Imperata cylindrica*. However, some botanists used the term stolons for stem branches that arise from the base of the stem that creeps above the ground and those that creeps horizontally underground as rhizomes. An example of a plant with swollen, above-ground storage stem is the kohlrabi.

Bulb is a much reduced underground stem bearing at its apex a growing or floral primordium surrounded by thick, fleshy modified scale

leaves or leaf bases that serve as food storage organs during dormancy and enable the plant to survive through adverse periods. The fleshy leaves are arranged in a concentric manner. Bulbs can be tunicate i.e. with membranous papery covering (scale leaves) or tunic that protects the inner fleshy scale leaves from drying and mechanical injury. Examples of tunicate bulbs are the Alliums, onions, leeks, hyacinth and tulips. In imbricate or non-tunicate bulbs, the fleshy scale leaves are not in concentric rings but are loosely arranged or spreading, overlapping one another at the margin. Such a bulb is not a compact body and not usually covered by a common tunic. Examples are the garlic (*Allium sativum*) and some *Lilium* lilies.

Tap root is the true main root of the plant and in some species the tap root is modified and fleshy, rich in stored nutrients; they may or may not be fused with the hypocotyl or basal stem tissues and maybe napiform, globose, conical, fusiform or cylindrical in shape. Notable examples of plants with edible tap roots are *Abelmoschus* spp., beet (*Beta vulgaris*), rutabaga, turnip, *Bunium persicum*, burdock, carrot, radish and daikon, celeriac, jicama and ahipa (*Pachyrhizus* spp.), parsnips, parsley, skirret (*Sium sisarum*), bush potato (*Vigna lanceolata*), salsify (*Tragopogon porrifolius*), black salsify (*Scorzonera hispanica*), tongkat Ali (*Eurycoma longifolia*) and many others. Plants with edible root tubers or tuberous roots with enlarged root and lateral roots function as storage organs, lacking nodes, internodes and adventitious buds. Notable examples include pignut or earthnut (*Conopodium majus*), sweet potato (*Ipomoea batatas*), desert yam (*Ipomoea costata*), cassava or yuca or manioc (*Manihot esculenta*), yams (*Dioscorea* spp.), mauka or chago (*Mirabilis expansa*), breadroot, tipsin, or prairie turnip (*Psoralea esculenta*) and yacón (*Smallanthus sonchifolius*).

Most terrestrial orchids are rhizomatous or have corms or tubers. Many orchid species produce edible tubers and roots while comparatively fewer species (e.g. *Cymbidium canaliculatum* and *Dendrobium tarberi*) produce edible pseudobulbs. These tubers contain a nutritious, starchy polysaccharide called glucomannan. These tubers provide a starchy flour called salep which

Table 1 Plants with edible modified stems, roots and bulbs in the families: Iridaceae, Lamiaceae, Marantaceae, Nelumbonaceae, Nyctaginaceae, Nymphaeaceae, Orchidaceae, Oxalidaceae, Piperaceae, Poaceae, Rubiaceae and Simaroubaceae

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Iridaceae	<i>Crocus sativus</i> L.	Saffron	Roots are eaten roasted	Hedrick (1972), Kunkel (1984), Morton (1976), Facciola (1990), and Lim (2014)
Iridaceae	<i>Iris cristata</i> Aiton	Dwarf Crested Iris	Roots used as a spice. Frequently chewed by local people to alleviate thirst. When first chewed, the roots have a pleasant sweet taste, within a few minutes this changes to a burning sensation far more pungent than capsicums	Hedrick (1972), Tanaka (1976), Kunkel (1984), and Coffey (1994)
Iridaceae	<i>Iris x germanica</i> L.	Bearded Iris, Flag, Orris Root, German Iris, Florentine Iris	Root used as spice, flavouring in ice cream, confectionery and baked goods; starch used as bread flour	Chase (1900), Parmentier (1781) cited by Freedman (2009), Uphof (1968), Morton (1976), Facciola (1990), Bender (2009), and Surhone et al. (2011)
Iridaceae	<i>Iris pallida</i> Lam.	Sweet Iris, Dalmation Iris	Orris oil from rhizome used to flavour soft drinks, candy and chewing gum	Morton (1976)
Iridaceae	<i>Iris setosa</i> Pall. ex Link	Hiogi-Ayame	Rhizomes eaten or used as source of starch	Uphof (1968), Hedrick (1972), Tanaka (1976), and Facciola (1990)
Iridaceae	<i>Morea fugax</i> (D. Delaroché) Jacq.	Uintjie	Bulbous root eaten roasted, boiled or stewed with milk	Hedrick (1972), Fox et al. (1982), and Facciola (1990)
Iridaceae	<i>Romulea bulbocodium</i> (L.) Sebast. & Mauri	NF	Bulbous root eaten	Fairchild (1930)
Iridaceae	<i>Tigrida pavonia</i> (L. f.) Redouté	Common Tiger Flower, Jockey Cap, Mexican Shellflower, Peacock Flower	Roasted starchy corms used as food by Mazatecs and other Indian tribes in Mexico	Uphof (1968) and Facciola (1990)
Lamiaceae	<i>Callicarpa rubella</i> Lindl.	Gopura Esing (Mishing) Bonmala (Assamese)	Bark and roots chewed like betel nut; roots eaten in Meghalaya	Patiri and Borah (2007) and Sawian et al. (2007)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Lamiaceae	<i>Callicarpa vestita</i> Wall. ex C.B.Clarke	Yarpo Esing (Mishing)	Bark and roots chewed like betel nut	Patiri and Borah (2007)
Lamiaceae	<i>Clerodendrum fragrans</i> (Vent.) R.Br. = <i>Clerodendrum chinense</i> (Osbeck) Mabb,	Fragrant Glorybower; Chou Mo Li, Chou Mu Dan (Chinese)	Roots dried, cooked with pork to strengthen elderly people and to remove pain and stiffness of muscles and joints	Hu (2005)
Lamiaceae	<i>Clerodendrum serratum</i> (L.) Moon = <i>Rotheca serrata</i> (L.) Steane & Mabb.	Phelang Riho (Assamese)	Roots eaten in Karbi, Assam	Kar and Borthakur (2008)
Lamiaceae	<i>Coleus blumei</i> Benth. = <i>Plectranthus scutellarioides</i> (L.) R.Br.	Coleus, Painted Nettle, Sayabana, Jacob's Coat	Tubers eaten	Burkill (1966) and Facciola (1990)
Lamiaceae	<i>Coleus dazo</i> A. Chev. = <i>Plectranthus esculentus</i> N.E.Br.	Daju, Rizuka	Starchy root peeled, boiled, served and eaten or pickled	Tanaka (1976) and Facciola (1990)
Lamiaceae	<i>Coleus parviflorus</i> Benth. = <i>Plectranthus rotundifolius</i> (Poir.) Spreng.	African Potato, Country Potato	Tubers eaten like potatoes	Tanaka (1976), Ochse and van den Brink (1980) and Facciola (1990)
Lamiaceae	<i>Coleus tuberosus</i> (Blume) Benth. = <i>Plectranthus rotundifolius</i> (Poir.) Spreng.	African Potato, Country Potato	Tubers usually eaten steamed or cooked with rice In Indonesia	Ochse and van den Brink (1980)
Lamiaceae	<i>Eriophyton wallichii</i> Benth. ex Wall.	Mian Shen (Chinese)	Roots used in food in north-western Yunnan	Hu (2005)
Lamiaceae	<i>Leonurus sibiricus</i> L.	Siberian Motherwort	In China, the roots are cooked with pork	Burkill (1966), Altschul (1973), Tanaka (1976), and Facciola (1990)
Lamiaceae	<i>Lycopus europaeus</i> L.	Gypsywort, Water Horehound	China: root eaten. Manchuria: starchy tubers eaten	Read (1946) and Baranov (1967)
Lamiaceae	<i>Lycopus lucidus</i> Turcz. ex benth.	Lycopos, Bugleweed; Di Gua Er Miao (Chinese)	Underground rhizomes eaten in northern china and Yunnan	Hu (2005)
Lamiaceae	<i>Lycopus uniflorus</i> Michx.	Northern Bugleweed	White tubers eaten raw in salads, boiled, pickled or added to soups and stews	Fernald et al. (1985) and Facciola (1990)
Lamiaceae	<i>Phlomis tuberosa</i> L.	Tuberous Jerusalem Sage; Bodmon Sok	Roots eaten by the Kalmucks in Eurasia	Hedrick (1972) and Facciola (1990)
Lamiaceae	<i>Plectranthus barbatus</i> Andrews	Indian Coleus	Tubers eaten	Jansen (1996)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Lamiaceae	<i>Plectranthus edulis</i> Agnew	Galla Potato	Tubers eaten	Jansen (1996)
Lamiaceae	<i>Plectranthus esculentus</i> N.E. Br.	Livinstone Potato, Kaffir Potato	Stem tubers eaten, eaten raw or boiled and eaten as vegetables	Jansen (1996), Phillips and Rix (1993), van Wyk (2006), and Codex (2014)
Lamiaceae	<i>Plectranthus madagascariensis</i> (Pers.) Benth.	Madagascar Spur Flower	Tubers eaten in Madagascar	Tanaka (1976) and Facciola (1990)
Lamiaceae	<i>Plectranthus rotundifolius</i> (Poir.) Spreng	Chinese Potato, Coleus Potato, Hausa Potato	Young aromatic tubers used in soup and vegetable dishes	Jansen (1996) and Codex (2014)
Lamiaceae	<i>Solenostemon rotundifolius</i> (Poir.) J.K. Morton. = <i>Plectranthus rotundifolius</i> (Poir.) Spreng	Huasa Potato, Fra-Fra Potato; Tumuku, Tamaka (Hausa)	Nigeria (Kano State, northern); tuber eaten like potato	Dalziel (1955), Fox et al. (1982), Mortimore (1989), Facciola (1990), and Codex (2014)
Lamiaceae	<i>Stachys adulterina</i> Hemsl.	Hubei Artichoke; Di Can Zi (Chinese)	Root tubers used as vegetables, cooked or pickled	Hu (2005)
Lamiaceae	<i>Stachys affinis</i> Bunge	Chinese Artichoke; Cao Shi Can (Chinese)	As above	Phillips and Rix (1993) and Hu (2005), Codex 2014
Lamiaceae	<i>Stachys chinensis</i> Bunge ex Benth	Hyssopleaf Hedgenettle	Manchuria: rhizome eaten	Baranov (1967)
Lamiaceae	<i>Stachys sieboldi</i> Miq.	Crosnes, Chinese Artichoke, Japanese Artichoke	Japan: tubers salted or preserved in plum vinegar	Read (1946), Facciola (1990), Van den Bergh (1996), and Codex (2014)
Marantaceae	<i>Calathea allouia</i> (Aublet) Lindl.	Guinea Arrowroot, Leren, Sweet Corn Tuber	Root tubers boiled and eaten like potato	Facciola (1990), Groen et al. (1996), and Codex (2014)
Marantaceae	<i>Halopegia blumei</i> (Körn) K Schum.	Jelantir (Javanese), Patat (Sundanese) Dong Nam (Vietnam)	Tubers eaten cooked or roasted	Groen et al. (1996), Ochse and van den Brink (1980), and Ochse and van den Brink (1980)
Marantaceae	<i>Maranta arundinacea</i> L.	Arrowroot, Tora Alu, Tha Lairusa, Hnathel, Hpogimbai (Assamese) Khaita Alu (Boro) Nginti Ali (Mishing)	Rhizomes are source of arrowroot, eaten cooked or raw Tuber eaten both raw and boiled, starch from rhizome	Ochse and van den Brink (1980), Facciola (1990), Villamayor Jr and Jukema (1996), Hu (2005), Patiri and Borah (2007), Medhi and Borthakur (2012), and Codex (2014)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Marantaceae	<i>Maranta dichotoma</i> (Roxb.) Wall. = <i>Schumannianthus dichotomus</i> (Roxb.) Gagnep.	Mohtra Reed, Sitalpati Plant; Tha Lairu, Hnathel, Hpogimbai (Assamese)	Tuber eaten both raw and boiled	Medhi and Borthakur (2012)
Marantaceae	<i>Phrynium capitatum</i> Willd. = <i>Phrynium pubinerve</i> Blume	Packing Leaf	Root tuber eaten in Meghalaya	Sawian et al. (2007)
Marantaceae	<i>Thalia geniculata</i> L.	Swamp Lily	Rhizomes baked and eaten or made into a kind of arrowroot	Tanaka (1976) and Facciola (1990)
Nelumbonaceae	<i>Nelumbium speciosum</i> Willd.	Pink Water Lily	India: root and seeds eaten	Gammie (1902) and Watt (1908)
Nelumbonaceae	<i>Nelumbo lutea</i> Pers.	American Lotus, Water Chinquapin	Large tubers, when baked, are sweet and mealy with a flavour somewhat like a sweetpotato	Facciola (1990) and Saunders (1920)
Nelumbonaceae	<i>Nelumbo nucifera</i> Gaertn.	Lotus, Lotus Root	Root eaten raw or cooked, sliced used in stir-fries, soups, stews or fried as a garnish or side dish. Sliced pieces can be candied or pickled. Lotus root flour is starch and can be used to make desserts	Burkill (1966), Cribb and Cribb (1987), Facciola (1990), Phillips and Rix (1993), Ong (1996), Hu (2005), Santich et al. (2008), van Wyk (2006), and Codex (2014)
Nyctaginaceae	<i>Abronia latifolia</i> Eschsch.	Yellow Sand Verbena	Root edible	Yanovsky (1936) and Facciola (1990)
Nyctaginaceae	<i>Boerhavia coccinea</i> Mill.	Tar Vine, Hog Weed	Bland fibrous tap root eaten	Cribb and Cribb (1987) and Harden (1990)
Nyctaginaceae	<i>Boerhavia diffusa</i> L.	Hog Weed, Horse Purslane; Zhu Er Yan, Huang Xi Xin (Chinese)	Fleshy portion of thick roots roasted and eaten, sweetish and nutritious	Hu (2005)
Nyctaginaceae	<i>Boerhavia</i> spp.	Tar Vines	Bland fibrous tap root eaten	Low (1991)
Nyctaginaceae	<i>Mirabilis expansa</i> (Ruiz & Pav.) Standl.	Mauka, Chago	Tuber dried, boiled or fried, eaten as vegetable	Tanaka (1976), Popenoe et al. (1989), Facciola (1990), Bermejo and Leon (1994), and Codex (2014)
Nymphaeaceae	<i>Euryale ferox</i> Salisb.	Chicken Head, Fos Nut	In China, roots and seeds eaten	Read (1946) and Facciola (1990)
Nymphaeaceae	<i>Nuphar advena</i> R.Br.	Common Spatterdock	Rootstock eaten raw, roasted or cooked with meat	Uphof (1968), Hedrick (1972), and Facciola (1990)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Nymphaeaceae	<i>Nuphar luteum</i> Sibth. & Sm.	Yellow Water Lily	Rootstock boiled as vegetable	Hedrick (1972), Fernald et al. (1985), and Facciola (1990)
Nymphaeaceae	<i>Nuphar polysepala</i> Engelm. = <i>Nuphar lutea</i> subsp. <i>polysepala</i> (Engelm.) E.O. Beal.	Cow Lily, Spatterdock, Pond Collard	Rich starchy rhizome used as survival food, after boiling, roasting or baked and skin removed	Schofield (2003)
Nymphaeaceae	<i>Nuphar pumilum</i> (Timm.) DC.	Yellow Pond Lily; Ping Peng Cao (Chinese)	Young tender rhizomes used as potherb in Yunnan and Hubei	Hu (2005)
Nymphaeaceae	<i>Nymphaea lotus</i> L.	Egyptian Lotus, White Lotus	Tubers edible	Tanaka (1976), Kunkel (1984), and Facciola (1990)
Nymphaeaceae	<i>Nymphaea stellata</i> Willd. = <i>Nymphaea nouchali</i> Burm.f.	Blue Lotus Of India	Rhizomes eaten raw or roasted	Uphof (1968), Hedrick (1972), Tanaka (1976), and Facciola (1990)
Nymphaeaceae	<i>Nymphaea alba</i> L.	White Lotus, European White Waterlily	In France, root recommended as a famine food after cooking in water and being flavoured	Parmentier (1781) (cited by Freedman (2009))
Nymphaeaceae	<i>Nymphaea caerulea</i> Savigny = <i>Nymphaea nouchali</i> var. <i>caerulea</i> (Savigny) Verdc.	Blue Lotus Of Egypt, Blue Water Lily	Starchy tubers eaten boiled or roasted	Tanaka (1976), Fox et al. (1982), and Facciola (1990)
Nymphaeaceae	<i>Nymphaea edulis</i> DC.	Red Water Lily; Shunguneer Pushpum (Tamil); Koteka, Kalharamu (Telugu)	In India (Madras Presidency), roots and seeds cooked and eaten	Shortt (1887–1888)
Nymphaeaceae	<i>Nymphaea gigantea</i> Hook.	Giant Water Lily	Tuberous rootstock eaten	Cribb and Cribb (1987)
Nymphaeaceae	<i>Nymphaea lotus</i> var. <i>pubescens</i> (Willd) Hook.f. & Thomson = <i>Nymphaea pubescens</i> Willd.	Red Water Lily	Root eaten baked or boiled with salt added	Paton and Dunlop (1904)
Nymphaeaceae	<i>Nymphaea lotus</i> L.	Egyptian Lotus, White Lotus; Bado (Hausa); Dambi (Kanuri)	In upper Guinea Africa, root used as a famine food, being either roasted in ashes or dried before being ground into flour. In Nigeria (Kano State, northern), rhizome and seeds eaten. In India (Bombay Presidency), roots and seeds eaten	Gammie (1902), Watt (1908), Irvine (1952), Uphof (1968), Hedrick (1972), Tanaka (1976), Pongpangan and Poobrasert (1985), Mortimore (1989), and Facciola (1990)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Nymphaeaceae	<i>Nymphaea nouchali</i> Burm.f.	Boga Bhet, Seluk (Assamese)	Rhizomes/roots eaten raw or cooked as vegetable in Assam	Van den burgh (1994) and Patiri and Borah (2007)
Nymphaeaceae	<i>Nymphaea odorata</i> Aiton	Frgarny Water Lily	Tubers edible	Tanaka (1976), Kunkel (1984), and Facciola (1990)
Nymphaeaceae	<i>Nymphaea rubra</i> Roxb. ex Andrew	Ronga Bhet, Mokua, Seluk (Assamese)	As above	Patiri and Borah (2007)
Nymphaeaceae	<i>Nymphaea</i> spp.	Waterlilies	Fibrous tubers edible	Cribb and Cribb (1987) and Low 1989
Nymphaeaceae	<i>Nymphaea stellata</i> Willd. = <i>Nymphaea nouchali</i> Burm.f.	Izibo (Zulu)	In Zululand (Ubombo district), tuber boiled and eaten. In India, roots and seeds eaten	Hely- Hutchinson (1898), Gammie (1902), Watt (1908) and Uphof (1968)
Nymphaeaceae	<i>Nymphaea tetragona</i> Georgi	Four Angled Water Lily; Shui Lian (Chinese)	Rhizomes used as food in north-west China	Hu (2005)
Nymphaeaceae	<i>Nymphaea tuberosa</i> Paine = <i>Nymphaea odorata</i> subsp. <i>tuberosa</i> (Paine) Wiersema & Hellq.	Tuberous Waterlily, White Water Lily	Tubers occasionally eaten	Gibbons and Tucker (1979), Fernald et al. (1985), and Facciola (1990)
Nymphaeaceae	<i>Ondinea purpurea</i> Hartog	NF	Corms eaten by Australian aborigines	Les (2003)
Orchidaceae	<i>Aceras antropophorum</i> (L.) R.Br. = <i>Orchis anthropophora</i> (L.) All.	Man Orchid	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Sezik (2002)
Orchidaceae	<i>Acianthus apprimus</i> D.L. Jones	Mountain Gnat Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Acianthus collinus</i> D.L.Jones	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Acianthus exsertus</i> R.Br	Mosquito Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Acianthus pusillus</i> D.L. Jones	Gnat Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Anacamptis coriophora</i> (L.) R.M.Bateman	NF	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Ghorbani et al. (2014) and Kreziou et al. (2015)
Orchidaceae	<i>Anacamptis morio</i> (L.) R.M.Bateman	Green-Winged Orchid, Green-Veined Orchid	As above	Kreziou et al. (2015)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Anacamptis morio</i> subsp. <i>picta</i> (Loisel.) Jacquet & Scappat	As above	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Anacamptis palustris</i> (Jacq.) R.M.Bateman, Pridgeon & Chase	NF	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Anacamptis papilionacea</i> (L.) R.M.Bateman	Butterfly Orchid	As above	Kreziou et al. (2015)
Orchidaceae	<i>Anacamptis pyramidalis</i> (L.) Rich.	Pyramidal Orchid	As above	Sezik (1967), Sezik and Özer (1983) cited by Tekinşen and Güner (2010), Sezik (2002), Ghorbani et al. (2014), and Kreziou et al. (2015)
Orchidaceae	<i>Arthrochilus huntianus</i> (F.Muell.) Blaxell	Elbow Orchid	Tubers probably edible	Steenbeeke (2001)
Orchidaceae	<i>Barlia robertiana</i> (Loisel.) Greuter	Giant Orchid, Orkida Kbirra	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Sezik (2002)
Ochidaceae	<i>Brachycorythis pleistophylla</i> Rchb.f.	Likos, Ligosi	As above	Mapunda (2007) and Hamisy (2010)
Orchidaceae	<i>Caladenia caerulea</i> R.Br.	Blue Fairy Orchid, Blue Caladenia	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Caladenia carnea</i> R.Br.	Pink Fairies, Pink Fringe Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Caladenia filamentosa</i> R.Br.	Daddy Longlegs, Spider Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Caladenia fuscata</i> (Rchb.f.) M.A.Clem. & D.L.Jones	Dusky Fingers	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Caladenia gracilis</i> R.Br.	Musky Caladenia, Musky Finger Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Caladenia quadrifaria</i> (R.S.Rogers) D.L.Jones	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Caladenia tentaculata</i> Schltld.	Green Combed Spider Orchid, Fringed Spider Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Chiloglottis diphylla</i> R.Br.	Common Ant Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Chiloglottis formicifera</i> Fitzg.	Ant Orchid	Tubers edible	Steenbeeke (2001)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Chiloglottis palachila</i> D.L. Jones & M.A. Clem.	Clubbed Ant Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Chiloglottis platyptera</i> D.L.Jones	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Chiloglottis pluricallata</i> D.L.Jones	Brown Bird Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Chiloglottis sphyrnoides</i> D.L.Jones	Ornate Ant Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Chiloglottis trapeziformis</i> Fitzg.	Broad-Lip Bird Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Chiloglottis trilabra</i> Fitzg.	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Coelogyne ovalis</i> Lindl.	Oval Coelogyne		Sotirov (2015)
Orchidaceae	<i>Comperia comperiana</i> (Steven) Asch. & Graebn. = <i>Himantoglossum comperianum</i> (Steven) P.Delforge	Komper's Orchid	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Sezik (2002)
Orchidaceae	<i>Corybas fimbriatus</i> (R.Br.) Rchb.f.	Fringed Helmut Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Corybas hispidus</i> D.L.Jones	Bristly Helmut Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Corybas montanus</i> D.L.Jones	Mt Maroon Helmut Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Corybas</i> species A	Sphagnum Helmut Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Cryptostylis erecta</i> F. Muell. ex Benth.	Tartan Tongue Orchid, Turban Orchid, Bonnet Orchid	Fleshy starchy root eaten	Steenbeeke (2001)
Orchidaceae	<i>Cryptostylis humeriana</i> Nicholls	Leafless Tongue Orchid	Fleshy starchy root eaten	Steenbeeke (2001)
Orchidaceae	<i>Cryptostylis leptochila</i> R.Br.	Small Tongue Orchid, Red Tongue Orchid	Fleshy starchy root eaten	Steenbeeke (2001)
Orchidaceae	<i>Cryptostylis subulata</i> (Labill.) Rchb.f.	Large Tongue Orchid, Cowslip Orchid	Fleshy starchy root eaten	Steenbeeke (2001)
Orchidaceae	<i>Cymbidium canaliculatum</i> R.Br.	Tiger Orchid, Channelled Cymbidium, Inland Tree Orchid	Starch rich pseudobulbs eaten cooked or raw	Steenbeeke (2001)
Orchidaceae	<i>Dactylorhiza incarnata</i> (L.) Soó	Early Marsh Orchid	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Ghorbani et al. (2014)
Orchidaceae	<i>Dactylorhiza osmanica</i> var. <i>osmanica</i> = <i>Dactylorhiza osmanica</i> (Klinge) P.F Hunt & Summerh.	The Ottoman Dactylorhiza	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Tekinşen and Güner (2010) and Citiş and Tekinşen (2011)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Dactylorhiza romana</i> (Sebast.) Soó	Roman Dactylorhiza	As above	Sezik (1967), Sezik and Özer (1983) cited by Tekinşen and Güner (2010), and Sezik (2002)
Orchidaceae	<i>Dactylorhiza romana</i> subsp. <i>georgica</i> (Klinge) Soó ex Renz & Taubenheim	Georgian Orchid	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Dactylorhiza saccifera</i> (Brongn.) Soó	Sack-Carrying Dactylorhiza	As above	Kreziou et al. (2015)
Orchidaceae	<i>Dactylorhiza sambucina</i> (L.) Soó	Elder-Flowered Orchid	As above	Kreziou et al. (2015)
Orchidaceae	<i>Dactylorhiza umbrosa</i> (Kar. & Kir.) Wendelbo	Persian Marsh-Orchid	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Dendrobium tarberi</i> M.A.Clem. & D.L.Jones	Rock Lily, King Orchid	Pseudobulbs eaten baked or raw	Steenbeeke (2001)
Orchidaceae	<i>Dipodium atropurpureum</i> D.L.Jones	Purple Hyacinth Orchid	Fleshy starchy thick roots are probably edible	Steenbeeke (2001)
Orchidaceae	<i>Dipodium hamiltonianum</i> F.M.Bailey	Yellow Hyacinth Orchid	Fleshy starchy thick roots are probably edible	Steenbeeke (2001)
Orchidaceae	<i>Dipodium pulchellum</i> D.L.Jones & M.A.Clem.	Dark Hyacinth Orchid	Fleshy starchy thick roots are probably edible	Steenbeeke (2001)
Orchidaceae	<i>Dipodium punctatum</i> (Sm.) R.Br.	Blotched Hyacinth Orchid	Fleshy starchy thick roots are probably edible	Steenbeeke (2001)
Orchidaceae	<i>Dipodium roseum</i> D.L.Jones & M.A. Clem.	Pink Hyacinth Orchid	Fleshy starchy thick roots are probably edible	Steenbeeke (2001)
Orchidaceae	<i>Dipodium variegatum</i> M.A.Clem. & D.L.Jones	Spotted Hyacinth Orchid	Fleshy starchy thick roots are probably edible	Steenbeeke (2001)
Orchidaceae	<i>Disa engleriana</i> Kraenzl.	NF	Tubers process into a meatless sausage called chikande and Kikande which is consumed as relish or as snack	Kasulo et al. (2009)
Orchidaceae	<i>Disa aequiloba</i> Summerh.	Chikanda Mbozi	Tubers edible	Nyomoro (2009)
Orchidaceae	<i>Disa erubescens</i> Rendle	Liseki, Liseku, Makaha Ga Mlutu, Masekele, Masekeni, Masekendi, Mbozi	Starchy tubers used for making salep flour, chikande meatless sausage	Mapunda (2007), Challe and Price (2009), Nyomoro (2009), and Hamisy (2010)
Orchidaceae	<i>Disa fragrans</i> Schltr.	NF	Tubers processed into meatless sausage kikande	Hamisy (2010)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Disa hamatopetala</i> Rendle = <i>Disa baurii</i> Bolus	Baur's Disa, Ntetemera	Tubers processed into meatless sausage kikande	Hamisy (2010)
Orchidaceae	<i>Disa ochrostachya</i> Reichb.f.	NF	As above	Mapunda (2007) and Hamisy (2010)
Orchidaceae	<i>Disa robusta</i> N.E.Br.	Chukande Kijike, Likose, Liisek, Manseke, Makaha Ga Mlutu, Masekele, Masekeni Makaha Ga Mlutu, Masekele, Masekeni Makaha Ga Mlutu, Masekele, Masekeni	As above	Mapunda (2007), challe and price (2009), Kasulo et al. (2009), and Hamisy (2010)
Orchidaceae	<i>Disa tanganyikensis</i> Summerh.	Chikanda Makete	Tubers edible	Nyomora (2009)
Orchidaceae	<i>Disa ukingensis</i> Schltr.	NF	Tubers processed into meatless sausage kikande	Hamisy (2010)
Orchidaceae	<i>Disa walleri</i> Rchb.f.	Chikanda Mbeya, Masekelesekele Njombe	Tubers edible	Nyomora (2009)
Orchidaceae	<i>Disa zombica</i> N.E.Br.	NF	Tubers processed into meatless sausage kikande	Kasulo et al. (2009) and Hamisy (2010)
Orchidaceae	<i>Diuris abbreviata</i> F. Muell. ex Benth.	Lemon Doubletail	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris alba</i> R.Br.	White Donkey Orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris chrysantha</i> D.L.Jones & M.A.Clem.	Yellow Donkey Orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris dendroboides</i> Fitzg.	Purple Donkey Orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris goonooensis</i> Rupp	Western Donkey orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris lanceolata</i> Lindl.	Golden Moths, Snake Orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris pedunculata</i> R.Br.	Golden Moths, Small Snake Orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris punctata</i> Sm.	Purple Donkey Orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris semilunata</i> Messmer	Donkey Orchid, Late Leopard Orchid, Spotted Doubletail Orchid	Starchy tubers edible	Cribb and Cribb (1987), Low (1989), and Low (1991)
Orchidaceae	<i>Diuris striata</i> Rupp	NF	Fleshy starchy tubers edible	Steenbeeke (2001)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Diuris sulphurea</i> R.Br	Hornet Orchid, Tiger Orchid, Yellow Tiger Orchid	Starchy tubers edible	Anonymous (2010a, b), Anonymous (2011), Cribb and Cribb (1987), Low (1989), Low (1991), and Steenbeeke (2001)
Orchidaceae	<i>Diuris tricolor</i> Fitzg.	Tricolor Donkey Orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Diuris venosa</i> Rupp	Veined Doubletail, Veined Donkey Orchid, Goat Orchid	Fleshy starchy tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Epipactis royleana</i> Lindl.	Chhasakrungai	Boiled roots eaten	Sotirov (2015)
Orchidaceae	<i>Eriochilus cucullatus</i> (Labill.) Rchb.f.	Smooth-Leaf Parson's Bands, Large Parson's-Bands	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Eulophia schweinfurthii</i> Kraenzl.	Ndulamo, Lisesa	Starchy tubers used for making salep flour, chikanda meatless sausage	Mapunda (2007), Challe and Price (2009) and Hamisy (2010)
Orchidaceae	<i>Gastrodia procera</i> G.W. Carr	Large Potato Orchid, Large Cinnamon Bells	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Gastrodia sesamoides</i> R.Br.	Potato Orchid, Cinnamon Bells	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Genoplesium archeri</i>	Vriable Midge Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Genoplesium filiforme</i> (Fitzg.) D.L.Jones & M.A.Clem.	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Genoplesium fimbriata</i> (R.Br.) D.L.Jones & M.A.Clem.	Fringed Midge Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Genoplesium nudiscapum</i> (Hook.f.) D.L.Jones & M.A.Clem.	Dense Midge Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Genoplesium nudum</i> (Hook.f.) D.L.Jones &	Tiny Midge Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Genoplesium pedersonii</i> D.L.Jones	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Genoplesium rufum</i> (R.Br.) D.L.Jones & M.A.Clem.	Red Midge Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Glossodia major</i> R.Br.	Large Waxlip Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Habenaria adolphii</i> Schultr.	Chinkanda, Vinying'inya, Songea	Tubers edible	Nyomora (2009)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Habenaria clavata</i> (Lindl.) Rchb. f.	Copper Plant	Tubers process into a meatless sausage called chikande and Kikande which is consumed as relish or as snack	Kasulo et al. (2009)
Orchidaceae	<i>Harbenaria cornuta</i> Lindl.	Chikanda	Tubers edible	Nyomora (2009)
Orchidaceae	<i>Habenaria humilior</i> Rchb.f.	Chikanda	Tubers edible	Nyomora (2009)
Orchidaceae	<i>Habenaria intermedia</i> D. Don	Intermediate Habenaria	Boiled roots eaten	Sotirov (2015)
Orchidaceae	<i>Habenaria keayi</i> Summerh.	NF	Tubers and roots are used to prepare a food called “napssié” or ground meat by the Bagam tribe in the subdivision of Galim, Western region of Cameroon	Menzepoh (2011)
Orchidaceae	<i>Habenaria praestans</i> Rendle	Chikanda Mbeya	Tubers edible	Nyomora (2009)
Orchidaceae	<i>Habenaria xanthochlora</i> Schltr.	Mamkumungu, Manseke, Mansekemakubwa, Mviringo, Likose, Liseke	Starchy tubers used for making chikanda meatless sausage	Challe and Price (2009) and Hamisy (2010)
Orchidaceae	<i>Habenaria zambesina</i> Rchb.f.	NF	As above	Menzepoh (2011)
Orchidaceae	<i>Himantoglossum affine</i> (Boiss.) Schltr.	NF	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Sezik (1967), Sezik and Özer (1983) cited by Tekinşen and Güner (2010) and Ghorbani et al. (2014)
Orchidaceae	<i>Himantoglossum comperianum</i> (Steven) Delforge	Komper’s Orchid	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Malaxix cylindrostachy</i> (Lindl.) Kuntze	Cylindric Raceme Malaxis	Boiled roots eaten	Sotirov (2015)
Orchidaceae	<i>Neotinea maculata</i> (Desf.) Stearn	Dense-Flowered Orchid	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Sezik (2002)
Orchidaceae	<i>Ophrys climacis</i> Heimeier & Perschke	NF	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Deniz (2013)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Ophrys fusca</i> Link	Sombre Bee-Orchid, Dark Bee-Orchid	As above	Sezik (1967) and Sezik and Özer (1983) cited by Tekinşen and Güner (2010)
Orchidaceae	<i>Ophrys holosericea</i> (Burm. f.) Greuter	Late Spider Orchid	As above	Sezik (1967) and Sezik and Özer (1983) cited by Tekinşen and Güner (2010)
Orchidaceae	<i>Ophrys isaura</i> Renz & Taubenheim	NF	As above	Deniz (2013)
Orchidaceae	<i>Ophrys lycia</i> Renz & Taubenheim	Bee Orchid	As above	Deniz (2013)
Orchidaceae	<i>Ophrys mammosa</i> Desf.	Early Spider Orchid	As above	Tekinşen and Güner (2010)
Orchidaceae	<i>Ophrys phaseliana</i> D.Rückbr. & U.Rückbr	Sawfly Orchid	As above	Deniz (2013)
Orchidaceae	<i>Ophrys scolopax</i> Cav.	Woodcock Bee-Orchid, Woodcock Orchid	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Ophrys sphegodes</i> Mill.	Early Spider Orchid	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Ophrys sphegodes</i> subsp. <i>mammosa</i> (Desf.) Soó ex E.Nelson	NF	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Orchis adenocheila</i> Czerniak	NF	As above	Ghorbani et al. (2014)
Orchidaceae	<i>Orchis anatolica</i> Boiss.	Anatolian Orchid	As above	Tekinşen and Güner (2010) and Cital and Tekinşen (2011)
Orchidaceae	<i>Orchis anthropophora</i> (L.) All.	Man Orchid	As above	Kreziou et al. (2015)
Orchidaceae	<i>Orchis conopea</i> Gras = <i>Gymnadenia conopsea</i> (L.) R.Br.	Fragrant Orchid	As above	Grieve (1971)
Orchidaceae	<i>Orchis coriophora</i> L. = <i>Anacamptis coriophora</i> (L.) R.M. Bateman, Pridgeon & MW Chase	Fragrant Orchid	As above	Grieve (1971), Tekinşen and Güner (2010), and Cital and Tekinşen (2011)
Orchidaceae	<i>Orchis italica</i> Poir	Naked Man Orchid, Italian Orchid	As above	Tekinşen and Güner (2010), Cital and Tekinşen (2011), and Kreziou et al. (2015)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Orchis latifolia</i> L. = <i>Dactylorhiza incarnata</i> (L.) Soó	Early Marsh Orchid	As above	Grieve (1971)
Orchidaceae	<i>Orchis longicruris</i> Link = <i>Orchis italica</i> Poir.	Naked Man Orchid	As above	Grieve (1971)
Orchidaceae	<i>Orchis maculata</i> L. = <i>Dactylorhiza maculata</i> (L.) Soó	Heath Spotted Orchid	As above	Grieve (1971)
Orchidaceae	<i>Orchis mascula</i> (L.)L.	Early Purple Orchid	Starchy tubers used for salep production	Ghorbani et al. (2014)
Orchidaceae	<i>Orchis mascula</i> subsp. <i>pinetorum</i> (Boiss. & Kotschy) E.G.Camus = <i>Orchis mascula</i> subsp. <i>mascula</i>	Early Purple Orchid	As above	Sezik (1967), Sezik and Özer (1983) cited by Tekinşen and Güner (2010), Grieve (1971), Hawkes (1944), and Kreziou et al. (2015)
Orchidaceae	<i>Orchis militaris</i> L.	Military Orchid	As above	Hawkes (1944), Grieve (1971), and Kreziou et al. (2015)
Orchidaceae	<i>Orchis morio</i> L = <i>Anacamptis morio</i> (L.) R.M. Bateman, Pridgeon & MW Chase	Green-Winged Orchid Green-Veined Orchid	As above	Hawkes 1944, Grieve 1971, and Tekinşen and Güner (2010), Cital and Tekinşen (2011)
Orchidaceae	<i>Orchis palustris</i> Jacq. = <i>Anacamptis palustris</i> (Jacq.) R.M. Bateman, Pridgeon & MW Chase	Toothed Orchid, Three-Toothed Orchid	As above	Tekinşen and Güner (2010) and Cital and Tekinşen (2011)
Orchidaceae	<i>Orchis provincialis</i> Balbis ex Lamarck & DC.	Provence Orchid, Orchis De Provence	As above	Kreziou et al. (2015)
Orchidaceae	<i>Orchis pyramidalis</i> L. = <i>Anacamptis pyramidalis</i> (L.)Rich.	Pyramidal Orchid	As above	Grieve (1971)
Orchidaceae	<i>Orchis saccifera</i> Brong. = <i>Dactylorhiza saccifera</i> (Brongn.) Soó.	NF	As above	Grieve (1971)
Orchidaceae	<i>Orchis simia</i> Lam	Monkey Orchid	As above	Tekinşen and Güner (2010) and Ghorbani et al. (2014)
Orchidaceae	<i>Orchis spitzelii</i> Saut. ex W.D.J.Koch	L'orchis De Spitzel	As above	Sezik (1967), Sezik and Özer (1983) cited by Tekinşen and Güner (2010)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Orchis tridentata</i> Scop. = <i>Neotinea tridentata</i> (Scop.) R.M. Bateman, Pridgeon MW Chase	Three-Toothed Orchid	Starchy tubers used for making salep flour used in ice-cream production, confectionery and nutritious beverages	Tekinşen and Güner (2010) and Cital and Tekinşen (2011)
Orchidaceae	<i>Orchis ustulata</i> L. = <i>Neotinea ustulata</i> (L.) R.M.Bateman, Pridgeon & M.W.Chase.	Burnt-Tip Orchid	As above	Grieve (1971)
Orchidaceae	<i>Orthoceras strictum</i> R.Br.	Horned Orchid, Birds's Mouth Orchid	Tuberooids probably edible	Steenbeeke (2001)
Orchidaceae	<i>Peristylus constrictus</i> Lindley	Constricted Peristylus	Tubers eaten	Sotirov (2015)
Orchidaceae	<i>Platanthera calvigera</i> Lindl	Club Carrying Platanthera	Boiled roots eaten	Sotirov (2015)
Orchidaceae	<i>Platanthera bifolia</i> (L.) L.C.Rich	Lesser Butterfly Orchid	Starchy tubers used for making salep production	Ghorbani et al. (2014)
Orchidaceae	<i>Prasophyllum brevilabre</i> (Lindl.) Hook.f.	Short-Lipped Leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum campestre</i> R.J.Bates & D.L.Jones	Starry Leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum caudiculum</i> D.L. Jones	Ben Lomond Leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum dossenum</i> J.Bates & D.L.Jones	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum elatum</i> R.Br.	Tall Leek Orchid, Piano Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum flavum</i> R.Br.	Yellow leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum odoratum</i> R.S.Rogers	Scented Leek Orchid, Sweet Leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum patens</i> R.Br.	Broad-Lipped Leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum rogersii</i> Rupp	Marsh Leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum solstitium</i> R.J.Bates & D.L.Jones	Summer Leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Prasophyllum</i> species A	Tablelands Leek Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pteroglossaspis eustachya</i> Rchb.f.	Mbozi	As above	Nyomora (2009)
Orchidaceae	<i>Pterostylis abrupta</i> D.L.Jones	Abrupt Greenhood, Drooping Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis alata</i> (Labill.) Rchb.f.	NF	Tubers edible	Steenbeeke 2001
Orchidaceae	<i>Pterostylis bicolor</i> M.A.Clem. & D.L.Jones	Two-Colour Greenhood	Tubers edible	Steenbeeke 2001

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Pterostylis boormanii</i> M.A.Clem. & D.L.Jones Rupp	Boorman's Greenhood	Tubers edible	Steenbeeke 2001
Orchidaceae	<i>Pterostylis chaetophora</i> M.A.Clem. & D.L.Jones	Hair-Lip Ruddyhood	Tubers edible	Steenbeeke 2001
Orchidaceae	<i>Pterostylis coccinea</i> Fitzg.	Alpen Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis curta</i> R. Br	Blunt Greenhood	Tubers edible	Anonymous (2010a, b) and Steenbeeke (2001)
Orchidaceae	<i>Pterostylis cycnocephala</i> Fitzg.	Swan Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis daintreana</i> F.Muell. ex Benth.	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis decurva</i> R.S. Rogers	Summer Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis fischii</i> Nicholls	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis hamata</i> Blackmore & Clemesha	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis hildae</i> Nicholls	Rainforest Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis laxa</i> Blackmore	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis longicurva</i> Rupp	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis longifolia</i> R.Br.	Tall Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis longipetala</i> Rupp	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis mutica</i> R.Br.	Midget Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis nutans</i> R.Br.	Nodding Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis obtusa</i> R.Br.	Jug-Lip Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis parviflora</i> R.Br.	Tiny Greenhood, Jug Orchid, Green Snail Orchid	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis pedunculata</i> R.Br.	Maroonhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis praetermissa</i> M.A.Clem. & D.L.Jones	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis reflexa</i> R.Br.	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis setifera</i> M.A. Clem.	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis</i> species B	NF	Tubers edible	Steenbeeke (2001)

(continued)

Table 1 (continued)

Family	Scientific Name	Common/Vernacular Names	Edible Part Use	Reference
Orchidaceae	<i>Pterostylis</i> species C	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis</i> species D	NF	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis truncate</i> Fitzg.	Little Dumpies, Sasauge Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Pterostylis woollsii</i> Fitzg.	Long-Tailed Greenhood, Chinaman Greenhood	Tubers edible	Steenbeeke (2001)
Orchidaceae	<i>Roeperocharis wenzeliana</i> Kraenzl	Kaloba, Masekel	Tubers process into a meatless sausage called <i>chikande</i>	Challe and Price (2009) and Hamisy (2010)
Orchidaceae	<i>Satyrium acutirostrum</i> Summerh.	Chikande	As above	Hamisy (2010)
Orchidaceae	<i>Satyrium amblyosaccos</i> Schltr.	NF	Tubers process into a meatless sausage called <i>chikande</i> and <i>kikande</i> , which is consumed as relish or as snack	Kasulo et al. (2009)
Orchidaceae	<i>Satyrium atherstonei</i> Rchb.f. = <i>Satyrium trinerve</i> Lindl.	Chikande Ligos, Ingingi, Jike, Lidala, Lisekejike, Lisekeni, Lisekenilidala, Madala, Masekenimadala, Numbunumbu, Sidala, Visekenividala, Vijike	Starchy tubers used for making salep flour, chikanda meatless sausage	Mapunda (2007), Challe and Price (2009) and Hamisy (2010)
Orchidaceae	<i>Satyrium breve</i> Rolfe	Chikande	Tubers edible	Nyomora (2009)
Orchidaceae	<i>Satyrium buchananii</i> Schltr.	Dochamua, Ligosi, Likosi, Lisekedochamua, Lisekedume, Lisekekiume, Magosi, Masekenidume, Masekeni magosi, Sisekeni sigosi, Titisigosi, Visekenivikhosi, Visekenivigosi	Tubers process into a meatless sausage called <i>chikande</i> and <i>kikande</i> , which is consumed as relish or as snack, starchy tubers used for making salep flour	Mapunda (2007), Kasulo et al. (2009) and Hamisy (2010)
Orchidaceae	<i>Satyrium carsonii</i> Rolfe	NF	Tubers process into a meatless sausage called <i>chikande</i> and <i>kikande</i> , which is consumed as relish or as snack	Kasulo et al. (2009)
Orchidaceae	<i>Satyrium chlorocorys</i> Rolfe	Chikanda Jike Rukwa	Tubers edible	Nyomora (2009)
Orchidaceae	<i>Satyrium crassicaule</i> Rendle	Chikanda, Kikande, Makete, Simbegi	Tubers process into a meatless sausage called <i>chikande</i> and <i>kikande</i> , which is consumed as relish or as snack	Nyomora (2009) and Hamisy (2010)
Orchidaceae	<i>Satyrium nepalense</i> D.Don	Nepal Satyrium	Pseudobulbs eaten boiled	Sotirov (2015)
Orchidaceae	<i>Satyrium robustum</i> Schltr.	Kidume	Tubers processed into meatless sausage <i>kikande</i>	Hamisy (2010)

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