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Ophrys insectifera

[Synonyms : *Arachnites musciflora*, *Epipactis myodes*, *Ophrys insectifera* var. *myodes*, *Ophrys muscaria*, *Ophrys muscifera*, *Ophrys musciflora*, *Ophrys myodes*]

FLY ORCHID is an orchid. Native to Europe (including Scandinavia) it has velvety, pale tipped, violet-black flowers each with sometimes yellow-edged, pale blue or violet-patched, dark brown lip.

It is also known as *Fliegen Ragwurz* (German), *Flueblomst* (Danish), *Flugblomster* (Swedish), Fly orchis, *Ofrío insekta* (Esperanto), *Ophrys mouche* (French), *Pecchie* (Italian), *Tegeirian Pryfyn* (Welsh), *Tořič hmyzonosný* (Czech), *Trčnik hmyzonosný* (Slovak), and *Vliegenorchis* (Dutch).

The flowers are pollinated (it would seem sparingly) by bees and flies.

Insectifera is derived from Latin *insectum* (insect) and *-fer* (bearing, carrying) components meaning 'insect-bearing'.

This was one of the orchids that provided roots used (especially in times gone by) to make the sustaining drink known as salep in western Europe. In fact its dietary advantages were so highly respected in some countries that it was once used to make a jelly fed to convalescents and children.