Development of New Sustainable Sahlep Production Methods Using *Ophrys sphegodes* subsp. *mammosa* (Desf.) Soo ex E. Nelson

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**ABSTRACT**

Tubers of the tuberous orchids have been collected for centuries, and used for medicinal purposes as well as in beverage and ice-cream industry. These orchids (Sahlep orchids) cannot be propagated vegetatively as they generally do not yield more than one tuber in a year. Seeds do not have microscopic endosperms; they have quite small chance of germination and successful establishment. These orchids are not cultivated and are usually collected from natural populations. Therefore, they are under threat of extinction and thus are placed under protection worldwide with national and international treaties.

In this study, specimens of the threatened orchid taxa *Ophrys sphegodes* subsp. *mammosa* (Desf.) Soo ex E. Nelson orchid, were stimulated to grow tuber twice in a single vegetation period. Plants’ ability to develop new tubers was tested and a new propagation method was proposed for the first time worldwide. Plants harvested at the beginning, middle, and end of flowering period were re-planted. It was observed that the plants harvested at early flowering were able to develop new tubers when they were re-planted in their original places. At the end of their annual life cycle, the number of tubers that were produced by the plants harvested at the three subsequent harvest periods were 2.21, 2.10, and 1.04. Quality of the tubers of the 2nd harvest was also tested in this study to use them as propagation material for the subsequent season, and positive outcomes were achieved. According to the present findings, growth of two tubers in a single vegetation period was achieved for the first time. Possible sustainable cultivation of Sahlep orchids was proved by this new propagation method.

**Keywords:** Propagation material, Harvest time, Tuberous orchids, Tuber yield.

**INTRODUCTION**

Tubers of tuberous orchids are harvested and traded from the eastern Mediterranean to the Caspian Sea for the traditional product Sahlep (de Boer *et al.*, 2017; Ghorbani *et al.*, 2017). Turkey has one of the richest orchid flora in the Mediterranean region (Deniz, 2012; Lüki *et al.*, 2015). This flora is well documented by Kreutz and Çolak (2009). There are 24 different orchid genera and 187 species and sub-species of the *Orchidaceae* family in Turkey (Tubives, 2018). Of these species, 77 belong to the genus *Ophrys*. In other words, *Ophrys* is the richest tuberous orchid genus of Turkey (Lüki *et al.*, 2015; Tubives, 2018; Sezik, 2002; GDF, 2018). Among *Ophrys* species, the sub-species *Ophrys sphegodes* subsp. *mammosa* (Desf.) Soo ex E. Nelson has a quite widespread distribution. It is generally widespread in the Aegean, Mediterranean and Black Sea regions of Turkey. This taxon is also widespread in Southeastern Europe, Caucasus, Ukraine, Balkan Peninsula, and Great Britain.

The tuberous orchids (Sahlep) are not cultivated and they are usually collected from natural populations in Turkey. The tubers have been traditionally used for medicinal purposes, as a flavoring agent in food, and for production of ice cream. However, due to overharvesting and habitat degradation, the wild populations of *Ophrys* species are under threat. Therefore, it is essential to develop sustainable production methods for these orchids to ensure their conservation and continued availability for future generations. This study aimed to investigate the ability of *Ophrys sphegodes* subsp. *mammosa* to produce tubers multiple times in a single vegetation period, in order to potentially support sustainable cultivation of this threatened orchid species.

In this study, tubers from naturally occurring populations of *Ophrys sphegodes* subsp. *mammosa* were harvested at different stages of flowering and re-planted in order to evaluate their ability to produce new tubers. The number of tubers produced following each harvest was recorded. Additionally, quality of the tubers harvested from the second harvest was assessed as a potential material for propagation in the subsequent season. The results indicated that plants harvested during early flowering stages were able to develop new tubers when re-planted, suggesting a new propagation method for this orchid species. This method holds promise for the sustainable cultivation of *Ophrys sphegodes* subsp. *mammosa* and other threatened tuberous orchid species, offering a potential solution for their conservation and continued use in traditional and medicinal contexts.

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from natural populations (Kreutz, 2002; Molnar et al., 2017a). Excessive collections easily destroy natural population and there is ever-increasing genetic erosion (Kasperek and Grimm, 1999; Molnar et al., 2017b). Collection of tuberous orchids (Sahlep) was banned to prevent destruction and collectors were subjected to heavy fines (Ghorbani et al., 2014; Yaman, 2013). In Turkey, according to 2018 environmental law, Sahlep collectors were subjected to 48.600 TL (about $10,000) fines. Despite all these fines and punishments, wild tuberous orchids (Sahlep) populations are still destroyed by wild-crafters. Statistical data is not available for the collected quantities of Sahlep material as they were illegally collected. However, the information gathered from Sahlep buyers and processing firms revealed that annually 500-600 tons of fresh Sahlep tubers (about 120,000,000 orchids) were used in Turkish markets (Yaman, 2013). There are no alternatives of Sahlep especially in beverage and ice-cream industry and this phenomenon has indicated that illegal collection and commerce of these species will continue (Ar, 2000; Tecimen et al., 2010; Erzurumlu and Doran, 2011, de Boer et al. 2017).

All orchid species are included under Annex B of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES). A total of 183 countries signed the treaty of CITES (Hagsater and Dumont, 1996; Özhatay et al., 1997). This taxon is listed under Appendix I of the Convention on the Conservation of European Wildlife and Natural Habitats (Bern Convention). Tuberous orchids (Sahlep) have two tubers, an old and a new one. The old one is gradually depleted while the new one is developing. Thus, low propagation rates and over-collections from wild populations have already put tuberous orchids (Sahlep) under threat (Tamer et al., 2006; Rankou, 2011). *O. sphegodes* subsp. *mammosa* develops a single tuber for the upcoming year and the old tuber gradually decays. In brief, *O. sphegodes* subsp. *mammosa* is also among the non-cultivated species worldwide.

Tuberous orchids can be cultivated either vegetatively or generatively. However, there are significant obstacles in both methods. The researchers focusing on generative cultivation are trying to develop tubers from the seeds through in vitro methods. Orchid seeds do not have endosperms and they have a primitive embryo (Arditti and Ghani, 2000). Protocorms have been produced from the seeds with in-vitro procedures, but tuber development lasts for many years. In their natural environment, plants propagated from seeds started flowering and produced harvestable-size tubers after at least 4 years (Gümüş, 2009, Tutur et al. 2013b).

Bektaş et al. (2013) observed during tuber collection phase that there were quite small tubers, probably derived from seed in wild *O. sphegodes* subsp. *mammosa* populations. Our observation on the development of *O. sphegodes* subsp. *mammosa* in the first three years is presented in Figure 1. It was detected that the seedling developed two small leaves and a tiny tuber, 2-3 mm in length, in the first year, and 4 leaves and a larger tuber in the second year, but not a flower. The seed-derived plant flowered in the third year, but did not produce a harvestable-size tuber. Based on these observations, it can be estimated that *O. sphegodes* subsp. *mammosa* could produce a harvestable-sized tuber at the end of the 4th year of its life span. It should be noted, however, that there is no report on the aforementioned pattern of reproductive behavior for any of tuberous orchids in the current literature. Sahlep tubers develop a single new tuber throughout the entire growing season and, in this case, it is not possible to gain tubers for commercial purposes.

Literature reviews regarding the obstacles in production processes revealed that plants could survive and develop a second tuber in case the tubers were collected during the flowering period (Tutur et al. 2013a). Likewise, Sevgi et al. (2012) collected wild *Serapis bergonii* E. G. Camus individuals and moved them to laboratory after
removing their tubers for morphological observations. Interestingly, they observed that the individuals re-produced new small tubers after tarriance in laboratory. Similarly, Tutar et al. (2012) observed the regrowth of Orchis sancta and Serapias vomeracea individuals producing new small tubers after removing their tubers. Kreutz and Çolak (2009) also reported that regrowth could be observed in re-planted orchids of which fresh tubers were removed.

Based on the facts mentioned above and the absence of data on production of O. sphegodes subsp. mammosa orchids, we aimed to study a new and effective propagation method for O. sphegodes subsp. mammosa for the first time.

MATERIALS AND METHODS

The research was conducted in the experimental fields of Ondokuz Mayis University, Vocational High School of Bafra, Samsun, Turkey (41° 33’ 46.20” N – 35° 52’ 20.16” E). O. sphegodes subsp. mammosa plants were collected from the populations growing wild in the same region and mostly located at uncultivated fields of coastal line of Samsun province at the altitudes of 0-100 m.

O. sphegodes subsp. mammosa is among the early orchids. Tubers awake in September and develop shoots. Plants get over winter as plantlet with 3-5 leaves and exhibit a fast growth in spring. They blossom from the first quarter of April to the first quarter of May. Plants complete their annual life cycle until the end of May. Throughout the growth period, old tuber decays; the fresh tuber develops for the next generation and reaches the maximum growth at flowering period (Figure 2).

A total of 300 O. sphegodes subsp. mammosa orchid tubers were collected in May 2016 as plant material. Legal permissions were obtained from the General Directorate of Natural Reserves and National Parks of the Ministry of Forestry and Water Affairs before the tuber collection works.

All the tubers were kept under common storage conditions and they were planted into the field in September of 2016. Plant growth was monitored until April 2017 and routine agricultural practices (watering, weeding etc.) were applied accordingly. Adult individuals of O. sphegodes subsp. mammosa orchids usually formed 8-10
 results and discussion

The first tuber of the plants, pulled out from the soil at different harvest periods, were removed (1st harvest). Harvested plants were then re-planted and cared accordingly. Dates of the first harvest carried out in different flowering stages, mean fresh and dry tuber yields per plant in the first harvest, and life spans passed until plant dried out are shown in Table 1.

Considering the tuber yields per plant in Table 1, it can be concluded that the new tubers usually reach the full-size at full flowering. Tuber yield at the end of the flowering period was found to be 23 and 20% higher than that of the other two periods, respectively. However, we observed that 96% of the plants harvested at the end of flowering were not able to develop new tuber when they were re-planted (Table 2). Our aim was not to produce a single tuber per plant, but to develop a sustainable tuber production method, making possible both commercial utilization and protection of the tuberous orchid populations.

Thanks to the newly described method, the tuber obtained at the first harvest can be used as a commercial material.

Data in Table 2 indicate that plants harvested at the beginning and middle of flowering periods have longer life span to re-produce a new tuber. After harvest at the aforementioned periods, plants were able to
Figure 3. Photos of different O. sphegodes subsp. mammosa orchids at the beginning, middle and end of flowering.

Table 1. Tuber yields per plant in the first harvest and time elapsed until the end of annual life cycle.

<table>
<thead>
<tr>
<th>Harvest period</th>
<th>Harvest date</th>
<th>Fresh tuber yield per plant (g)</th>
<th>Dry tuber yield per plant (g)</th>
<th>Moisture content (%)</th>
<th>Time elapsed from the 1st harvest to dry-out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning of flowering</td>
<td>13-16 April</td>
<td>3.32</td>
<td>0.63</td>
<td>81.02</td>
<td>33-35 days</td>
</tr>
<tr>
<td>Middle of flowering</td>
<td>23-25 April</td>
<td>3.40</td>
<td>0.63</td>
<td>81.50</td>
<td>23-25 days</td>
</tr>
<tr>
<td>End of flowering</td>
<td>29 April-2 May</td>
<td>4.09</td>
<td>0.84</td>
<td>79.50</td>
<td>19-20 days</td>
</tr>
</tbody>
</table>

Table 2. Number of tubers in different harvest periods.

<table>
<thead>
<tr>
<th>Harvest periods</th>
<th>Number of tubers at the 1st harvest</th>
<th>Number of tubers at the 2nd harvest</th>
<th>Total number of tubers</th>
<th>Number of tubers per plant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning of flowering</td>
<td>100</td>
<td>121</td>
<td>221</td>
<td>2.21</td>
</tr>
<tr>
<td>The middle of flowering</td>
<td>100</td>
<td>110</td>
<td>210</td>
<td>2.10</td>
</tr>
<tr>
<td>End of flowering</td>
<td>100</td>
<td>4</td>
<td>104</td>
<td>1.04</td>
</tr>
</tbody>
</table>

develop a new tuber during reproductive cycle. As shown in Table 2, number of tuber per plant was 2.2 and 2.1 for the harvests at the beginning and middle of flowering stages, respectively.

The primary objective of the present research was to increase the number of tuber per plant and to determine value of newly produced tubers as production material. For these purposes, newly developed tubers were planted into growing medium (peat) after storage at room temperature (20±2°C) during three months to test their vigor; and
we observed that they exhibited a normal growth.

Interestingly, some of the plants of which fresh tubers were harvested at the beginning and middle of flowering developed two new tubers, different in size (Figures 4a-b). These new tubers were planted into the same cell of viol and they yielded two plantlets proving that all the tubers were able to develop a new individual plant regardless of their size.

The re-planted plants of which tubers were harvested at the end of flowering were not able to develop a new tuber because of their remaining short life span. Only 4 of 100 plants harvested at the end of flowering were able to develop a new individual (Figure 4-c). The present findings are in accordance with those of Tutar et al. (2012) reporting re-growth of *Orchis sancta* and *Serapias vomeracea* individuals after tuber harvesting at early periods in subsequent seasons. In the present study, *O. sphegodes* subsp. *mammosa*, belonging to the same orchid family, exhibited

Figure 4. Newly developed tubers of the plants harvested (a) at the beginning flowering period (b) at the middle flowering period (c) at the end of flowering period; re-planting and development of these tubers in the next vegetation season.
a significant reproductive performance.

CONCLUSIONS

Plants usually develop alternative reproductive strategies to survive in response to destructive effects of biotic/abiotic environmental factors. Loss of the main tuber providing essential resources to newly emerging plantlet in the next season forces tuberous orchids (Sahlep) to develop new strategies to survive. As reported by Kreutz and Çolak (2009), Sahlep orchids have emergency shoot. Loss of the new tuber while the plant is still active results in awakening of this emergency shoot. Removal of the main tuber has a negative impact on O. sphegodes subsp. mammosa orchids, which are under the threat of extinction. O. sphegodes subsp. mammosa orchids normally develop a single tuber throughout the vegetation period, but they can develop new tubers in response to removal of the main tuber at early flowering. This phenomenon can make it possible to develop a new propagation method for tuberous orchids, and in the present paper, it is the first time we have described the new propagation method in details. We advise the farmers who wish to cultivate O. sphegodes subsp. mammosa orchids that they should harvest tubers at early flowering and re-plant the plants without tuber to produce new tubers. In this way, sustainable Sahlep production could be possible. Further studies to scale up the production of O. sphegodes subsp. mammosa orchids are currently under way.

REFERENCES

روش‌های نوین و پایدار تولید ثعابی از 
*Ophrys sphegodes* subsp. *mammosa* (Desf.) Soo ex E. Nelson

چکیده

غذای ارکیده‌های گیاه‌زا و بی‌پاتریا و برای اهداف دروپی و مصرف در صنایع توسعه‌یافته و بسته‌دار استفاده بوده است. این ارکیده‌ها (ارکیده غذای) به صورت روفی (غیر گنبدی) قابل تکثیر نیست و یک گونه در سال تولید نمی‌کنند و بذر آنها فاقد آنودوره‌ی های میکروساکسی است که به‌کمی برای سبز شدن و استقرار گیاه دارند. این ارکیده‌ها کاشت نمی‌شوند و معمولاً از جمعیت‌های طبیعی جمع آوری می‌شوند. بنابراین آنها در تهیه انقرب قرار دارند و در سطح جهانی با قرار داده‌های ملی و بین‌المللی تحت حمايتی می‌باشند. در این پژوهش، نمونه‌های *Ophrys sphegodes* subsp. *mammosa* (Desf.) Soo ex E. Nelson orchid بازسازی گری نوی، تولید گرفت و برای اولین بار در سطح جهانی رقم جدید برای تکثیر پیشنهاد شد. گیاهانی که در ابتدا گلدی، در طول و در آخر دوره گلدی به‌رنگ شده بودند، مجدداً کاشت گردیدند. چنین مشاهده شد که گیاهان به‌دردست‌شده در ابتدای گلدی‌های جوانی در محل اولیه مجیدا کاشت شوند. قاده به‌تولید غذای جدید به‌دولت. در آخر دوره گلدی‌ها نیز مرحله‌ی بردگی صورت گرفت و این گیاهان به‌تیک دوم نیز آزمون شده و به‌عنوان مواد قابل تکثیر در فصل بعدی استفاده شدند. این آزمون‌ها بیانی مثبت به دست آمد. بر اساس یافته‌های این پژوهش، برای اولین بار، رشد و گره در یک دوره رشد و به‌وسیله‌ی همراه‌ی به‌اریکده، امکان پایداری ارکیده‌های غذای جدید تکثیر به‌نوبت را می‌رسید.