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Citation	Nature Plants (2015), 1
Issue Date	2015-05-05
URL	http://hdl.handle.net/2433/197830
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Type	Journal Article
Textversion	author

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2 **Avian seed dispersal in a mycoheterotrophic orchid *Cyrtosia septentrionalis***

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1 **Abstract:**

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3 **Orchids produce remarkably small seeds lacking endosperm, which are considered**
4 **to be predominantly wind-dispersed. Here, we report avian seed dispersal in a**
5 **mycoheterotrophic orchid *Cyrtosia septentrionalis*, which occurs under closed**
6 **canopies where wind is less dependable. Because some orchids occupy similar**
7 **habitats and have fleshy fruits, shifts in seed dispersal strategy may be a previously**
8 **unnoticed mechanism promoting the orchid's evolutionary success.**

9

10 Orchidaceae is one of the most diverse groups of flowering plants on Earth. Unlike most
11 plants, all of the >22,000 species of orchids are heterotrophic in their early life history
12 stages, obtaining resources from fungi before the production of photosynthetic leaves¹.
13 Orchid seeds, therefore, contain minimal energy reserves and are numerous and
14 dust-like, which maximises the chance of successful encounter with fungi in the
15 substrate¹. Despite considerable interest in ways by which orchid flowers are pollinated²,
16 little attention has been paid to how their seeds are dispersed, owing to the dogma that
17 wind dispersal is their predominant strategy. However, here, we present evidence for
18 seed dispersal by birds in the orchid *Cyrtosia septentrionalis*.

19 Animal seed dispersal has been implicated in a few orchid genera that produce
20 fleshy fruits including *Cyrtosia*³⁻⁶, but a compelling demonstration has hitherto been
21 lacking. *Cyrtosia septentrionalis* is a non-photosynthetic, fully mycoheterotrophic
22 orchid found in the understories of temperate forests in Japan and produces red, swollen
23 fruits that ripen in winter. We monitored the fruits of *Cyrtosia septentrionalis* for a total
24 of 2427 hours in the field using motion sensor-equipped cameras, which revealed that

1 the their pulp was frequently eaten by four species of birds (Fig. 1 and Table 1). Of
2 these, *Hypsipetes amaurotis* was the most frequent pulp consumer. We directly
3 observed defecation by *H. amaurotis* in the field and confirmed through examination of
4 the faecal pellets that *H. amaurotis* ingested *C. septentrionalis* seeds and thus were not
5 consuming the pulp alone (seeds per faecal pellet, 176.1 ± 24.2 ; $N = 20$). Of the seeds
6 sampled from *H. amaurotis* faeces, 48.8 ± 6.5 % ($N = 10$) were viable, a figure that is
7 comparable to the seeds taken directly from intact *C. septentrionalis* fruits (45.2 ± 5.9 %, $N = 10$; $P = 0.34$).

9 Compared to other orchids, *C. septentrionalis* possesses several unusual
10 characteristics that are thought to facilitate ornithochory: red, indehiscent fruit with
11 sugary pulp, a robust stem that acts as perch, and a lignified testa that protects the
12 viability of seeds inside avian digestive tracts (Fig. 1). Considering that most orchid
13 species produce pale-colored, dry capsules that dehisce when ripe to release the
14 dust-like seeds, the fruit of *C. septentrionalis* is exceptional in Orchidaceae. Red fruits
15 are usually associated with seed dispersal by diurnal birds⁷. The average sugar content
16 of the fruit pulp was 17.1 ± 0.37 % ($N = 20$), which is comparable to those of other
17 bird-dispersed fruits⁸. In addition, the inflorescence stalk of *C. septentrionalis* is
18 unusually robust; of the 1219 photographs with birds feeding on *C. septentrionalis* fruits,
19 535 had birds perching directly on the inflorescence stalk (Table 1). Thus, the robust
20 stalk of *C. septentrionalis* may serve as a perch that facilitates fruit consumption by
21 birds, similar to the specialised perch of *Babiana ringens* that has been found to
22 promote bird pollination⁹. Finally, we found that the seeds of *C. septentrionalis* possess
23 lignified testa, which probably protects the seeds as they pass through the digestive
24 tracts of birds.

1 Seed dispersal by wind is thought to be successful in open habitats and less
2 efficient in the understory of densely vegetated forests, where wind is less dependable¹⁰.
3 For example, in monocots, 19 of the 21 evolutionary shifts from dry fruits to fleshy
4 fruits were associated with life in shady habitats, whereas eight of the 11 reversals from
5 fleshy to dry fruits were associated with life in open sunny habitats¹⁰. *Cyrtosia*
6 *septentrionalis* is a fully mycoheterotrophic orchid that has lost its ability to
7 photosynthesise throughout its life and, instead, depends entirely on fungi for its
8 nutritive needs. Because mycoheterotrophic plants do not require light, this form of life
9 has allowed them to succeed in the dark forest understory where there are few
10 autotrophic competitors¹¹. Thus, a shift to bird dispersal may thus have facilitated the
11 colonisation of such an environment by *C. septentrionalis*.

12 The gross fruit morphology and pigmentation patterns of other members of
13 *Cyrtosia* parallel those seen in *C. septentrionalis*, suggesting that avian seed dispersal is
14 widespread among the genus *Cyrtosia*⁶. In addition, fleshy, indehiscent fruit have also
15 been documented in *Rhizanthella*⁴, a distantly related genus that has also independently
16 evolved full mycoheterotrophy. Some species of *Vanilla*, although not full
17 mycoheterotrophs, also have seeds with lignified testa and fleshy fruits^{5,12}, which are
18 also considered to be dispersed by animals. Thus, shifts in seed dispersal mechanisms
19 may have played a more significant role in promoting the ecological success and
20 morphological diversity of orchids than previously thought.

21

22 **Methods**

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24 **Field study**

1 Field studies were carried out between December 2008 and January 2009, and between
2 November 2010 and February 2011 in Gochi Town, Higashi-Ohmi City, Shiga
3 Prefecture, Japan. Consumers of *C. septentrionalis* fruits were observed in the field
4 throughout the duration of the field study by remote cameras, which had built-in
5 infrared motion sensors (Bushnell Trophy Cam Field Scan Night Vision, Bushnell
6 Corporation, USA or Sensor Camera Fieldnote, Marif Co. Ltd., Yamaguchi, Japan).
7 Each camera was set up 1 meter away from six to nine *C. septentrionalis* plants to
8 determine the species composition of the animals feeding on the fruits. In 2011, we
9 collected 20 fruits that had been observed being consumed by *H. amauroti* and
10 measured the sugar concentrations of fruit pulp using a refractometer (Bellingham &
11 Stanley, Kent, UK). We deposited a voucher specimen of *Cyrtosia* with *H. amauroti*
12 feeding marks in KYO.

13

14 **Seed viability**

15 Orchid seeds are believed to be particularly vulnerable to stress because their testa
16 consists of a thin layer of non-lignified cells and are unlikely to withstand the digestive
17 fluids of birds¹³. Therefore, we tested the viability of *Cyrtosia* seeds defecated by birds.

18 We observed bird visits by hiding in the vegetation and collected faecal pellets
19 whenever we observed defecation by *H. amauroti*. We used 10 such faecal pellets for
20 the below seed viability test. The faecal pellets were washed in distilled water, and 50
21 seeds per faecal pellet were randomly chosen for a total of 500 seeds. Viability was
22 tested using the 2,3,5-triphenyl tetrazolium chloride staining method as previously
23 described¹⁴. In brief, seeds were pretreated in 5% Ca(ClO)₂ (W/V) + 1% Tween-80
24 (V/V) for 6 hours. After the treatment, the seed testa was removed with tweezers, and

1 the embryos were placed on filter paper discs immersed in a solution of 1% TTC (Tokyo
2 Chemical Industry, Japan) in pH 7 water adjusted with 1M NaOH. The filter paper discs
3 were placed in sealed Petri dishes wrapped in aluminum foil, and incubated at 30°C for
4 seven days. The viability of defecated seeds was compared with that of the same
5 number of seeds collected directly from the fruits of 10 plants. Viability differences
6 between seeds from fruits and faeces were compared using Student's *t* test.

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8 **Seed coat anatomy**

9 The test of seed viability revealed that seeds extracted from the faeces of *H. amaurotis*
10 remained intact. This led us to investigate the anatomy of the seed testa to explore
11 possible characteristics that allowed the seeds to withstand the digestive fluids of
12 animals. Seeds were fixed in FAA and then dehydrated in graduated *t*-butyl alcohol,
13 after which they were saturated with paraffin. Sections (7 µm) were cut with a
14 microtome and attached to Haupt's adhesive-treated microscope slides. After the
15 removal of the paraffin, slides were stained with Safranin O (1% w : v in 50% v : v
16 ethanol, 5 min). With this staining technique, lignified tissues and secondary cell walls
17 were stained red¹⁵.

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19 **Acknowledgements**

20 We thank Drs. B. Anderson and S. Nakamura for providing comments that improved
21 this manuscript and S. Mori for field assistance. This work was partially supported by
22 the Japan Society for the Promotion of Science (No. 12J00602, K.S., and No. 22247003,
23 M.K.).

24

1 **Author contributions**

2 K.S. designed the study, conducted the experiment, and composed the manuscript. A.K.
3 and M.K. contributed to the study design and the manuscript composition.

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1 **Figure legend**

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3 **Figure 1** | *Cyrtosia septentrionalis* and its seed dispersal agents. (a–b) Reproductive
4 stem, (c) *Cettia diphone* perching on the stem, (d) *Hypsipetes amaurotis* feeding on the
5 fruit pulp, (e) fruits with feeding marks, (f) horizontal section of the fruit, (g) seeds
6 defecated from *H. amaurotis*, and (h) cross section of a seed. Bar = 100 µm.



Table 1 | List of bird species captured by motion-sensor camera. Camera recordings were conducted for 219 hours between December 2008 and January 2009, and for 2208 hours between November 2010 and February 2011. Numbers given are the total numbers of (a) frames that captured each bird species, and (b) individuals that fed on the fruits. Birds were regarded as the same individual when captured in consecutive frames. Numbers in parentheses are the frames with individual birds perching on the inflorescence stalk.

	2008–2009		2010–2011	
	(a) Frames	(b) Individuals	(a) Frames	(b) Individuals
<i>Cettia diphone</i>	103 (10)	41 (6)	1 (1)	1 (1)
<i>Hypsipetes amaurotis</i>	49 (5)	21 (3)	988 (501)	146 (59)
<i>Turdus pallidus</i>	4 (1)	4 (1)	68 (11)	20 (7)
<i>Garrulus glandarius</i>	0	–	1 (1)	1 (1)