PLANT FACT SHEET

Sparassis radicata Weir

GENUS *Sparassis* **FAMILY** Sparassidaceae

COMMON NAMES Rooting cauliflower mushroom, Western cauliflower mushroom

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

The fruiting bodies are eaten. They need to be cooked slowly to make them tender. They can e parboiled then baked or stewed. They can be used in soups, stews and other dishes that have a long cooking time.

DESCRIPTION

A mushroom. The fruiting body looks a little like a cauliflower head. They can be large.

HABITAT

It is a temperate plant.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 251

Kaye, G.C., 1986, Wild and Exotic Mushroom Cultivation in North America

Pace, G., 1998, Mushrooms of the world. Firefly books. p 216

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/09976da2-be24-45d4-8a52-5181711130c1