PLANT FACT SHEET

Lentinula edodes (Berkeley) Pegler

GENUS *Lentinula* **FAMILY** Marasmiaceae

COMMON NAMES Shiitake mushroom, Chinese black mushroom, Fragrant mushroom, Golden oak mushroom

EDIBLE PARTS AND USES

Edible parts: Fungus, Spice, Mushroom, Vegetable

The fresh stems can be eaten but older ones are tough.
The mushroom is boiled or cooked and eaten. It is often eaten with other vegetables. It can be dried and stored. The flavour is better once dried. It can be added to soups, fried, boiled or oil-roasted. It is used in omelettes, sauces, gravies, pasta dishes and it is used in sushi in Japan.

DESCRIPTION

A mushroom. An earthy smelling fungus. The caps are golden to deep brown. It is umbrella like in shape. It is brown to black in colour. The texture in firm. They have a slight bloom and creamy gills.

HABITAT

It grows in many temperate regions. It grows on and rots wood. It grows in oak tree logs.

PRODUCTION

Cultivation

Grown on logs in Britain. It can be grown on a medium of Eucalypt sawdust.

NOTES

Also put in the families Agaricaceae and Tricholomataceae.

PICTURES



Credit: Food Plants International (Bruce French)



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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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