PLANT FACT SHEET

# *Hericium erinaceum* (Bull. ex Fr.) Persoon

**GENUS** *Hericium* **FAMILY** Hydnaceae

**COMMON NAMES** Bear's head mushroom, Lion's mane, Medusa fungi, Medusa's head

## EDIBLE PARTS AND USES

**Edible parts:** Mushroom, Fungus

The fruiting bodies are eaten. They need to be eaten when young. They can be parboiled then seasoned with garlic butter. They are also fried in olive oil.

## DESCRIPTION

A mushroom. The fruiting bodies have coarse tooth-like spines hanging from the body.

## HABITAT

It is a temperate and tropical plant.

## PRODUCTION

### Cultivation

It is cultivated in sawdust bottle culture.

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