PLANT FACT SHEET

Sparassis crispa (Wulf.) Fr.

GENUS *Sparassis* **FAMILY** Sparassidaceae

COMMON NAMES Sparassis, Brain fungus, Eastern cauliflower mushroom

EDIBLE PARTS AND USES

Edible parts: Fungus, Mushroom, Vegetable

DESCRIPTION

A mushroom. The fruiting body is 13-28 cm across.

HABITAT

It is a temperate plant. It grows in mountains. In Yunnan.

REFERENCES

Boa, E. R., 2004, Wild edible fungi and their importance to people. FAO Non Wood Forest Products Booklet 17

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine.

Bussman, R. W. et al, 2017, Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus. Indian Journal of Traditional Knowledge Vol. 16(1) pp 7-24

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 17

Ciesla, W.M., 1998, Non-wood forest products from conifers. Non-wood forest products 12, FAO, Rome, p 91

Garibay-Orijel, R., et al, 2007, Understanding cultural significance, the edible mushrooms case. Journal of Ethnobiology and Ethnomedicine. 3:4

Hall, I. R., et al, 2003, Edible and Poisonous Mushrooms of the World. Timber Press. p 289, 315

http://www.mykoweb.com/CAF/edible.html

Jordan, P., 2000, The Mushroom Guide and Identifier, Hermes House, p 88

Kasper-Pakosz, R., et al, 2016, Wild and native plants and mushrooms sold in the open-air markets of south- eastern Poland. Journal of Ethnobiology and Ethnomedicine 12:45

Kaufmann, B. et al, 1999, The Great Encyclopedia of Mushrooms. Konemann. p 208

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

Liu, D., et al, 2018, An ethnobotanical survey of edible fungi in Chuxiong City, Yunnan, China. Journal of Ethnobiology and Ethnomedicine (2018) 14:42

Luna, A. G., et al, 2025, Food beyond the farm: significance of noncrop plants and mushrooms for food security of highland farming communities in Veracruz, Mexico. Chapter 14 in Agroecology of Edible Weeds and Noncrop Plants

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 40

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

Oh, S.S., et al, Evalution of antioxydant activity of Mycoleptodonoides aitchisonii, Sparassis crispa, Lentinus lepideus and Lentinula edodes. XXIII IUFRO World Congress Forests for the Future: Sustaining Society and the Environment.

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

Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3),

Schneider, E., 2001, Vegetables from Amaranth to Zucchini: The essential reference. HarperCollins. p 143

Semwal, K. C., et al, 2014, Edible mushrooms of the Northwestern Himalaya, India: a study of indigenous knowledge, distribution and diversity. Mycosphere 5(3): 440–461

www.plantnames.unimelb.edu.au

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/305043ed-fd8a-4c09-b3ed-dcd77a9e2343