PLANT FACT SHEET

**Use with caution**

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

# *Gyromitra caroliniana* (Bosc.) Fr.

**GENUS** *Gyromitra* **FAMILY** Helvellaceae

**COMMON NAMES** Carolina false morel

## EDIBLE PARTS AND USES

**Edible parts:** Mushroom, Fungus

Most Helvella should never be eaten raw.

## DESCRIPTION

A mushroom. Caution. Be careful not to confuse it with the poisonous Helvella californica.

## HABITAT

It is a temperate plant.

## REFERENCES

Pace, G., 1998, Mushrooms of the world. Firefly books. p 234 (As Helvella caroliniana)

**PROVIDED BY** **Food Plants International**

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

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/3fedc554-5284-48cb-a43d-01a1f031844c