PLANT FACT SHEET

Grifola frondosa (Dick. & Fr.) S. F. Gray

GENUS *Grifola* **FAMILY** Polyporaceae

COMMON NAMES Maitake, Grifone, Hen of the woods

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

It is edible when still unripe. The fruiting body in stewed or pickled in oil. They can be used in soups or dipped in batter and deep dried. They can be pickled.

DESCRIPTION

A mushroom. It grows attached to tree stumps. The fruiting cap can be 50 cm across with many smaller overlapping caps.

HABITAT

A temperate plant.

NOTES

Also put in the family Grifolaceae.

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