PLANT FACT SHEET

Morchella esculenta (Linn. ex Fries) Persoon

GENUS *Morchella* **FAMILY** Morchellaceae

COMMON NAMES Morel mushroom, Golden morel, Honey-combed mushroom, Yellow morel

EDIBLE PARTS AND USES

Edible parts: Fungus, Mushroom, Vegetable

The fruiting body is well cooked and eaten both fresh and dried. It can be stuffed, baked, sauteed in butter, slow simmered in cream, or combined with meats, fowl, pasta, rice, potatoes, or sauces.
It is dried and used in soups.

DESCRIPTION

A mushroom or morel. It is 5-15 cm tall. The cap can be 8-10 cm high. The stems are hollow. The caps are cone shaped with irregular pits and ridges.

HABITAT

It grows in many temperate regions. In Yunnan. It grows in forests. In Peru it grows between 3,600-3,900 m above sea level.

NOTES

They have also been put in the family Agaricaceae.
Rich in vitamin B1, B2, B 12,

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Acharya, K. P., Paudel, P. K., 2020, Biodiversity in Karnali Province: Current Status and Conservation. Ministry of Industry, Tourism, Forest and Environment, Karnali Province Government, Surkhet, Nepal. p 31

Ahmad, L., et al, 2021, An ethnobotanical survey of wild food plants used by the local communities of Kumrat Valley in District Upper Dir, Pakistan. Ethnobotany Research & Applications 22:20

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 379

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Bianchini, F., Corbetta, F., and Pistoia, M., 1975, Fruits of the Earth. Cassell. p 118

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

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 16

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

Christensen, M., et al, 2008, Collection and Use of Wild Edible Fungi in Nepal. Economic Botany, 62(1), 2008, pp. 12–23

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

Cocchi, L. et al, 2006, Heavy metals in edible mushrooms in Italy. Food Chemistry 98: 277-284

Colenso, 1881,

Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 135

Denchev, C. M., et al, The wild edible mushrooms in Bulgaria. Bulgarian Academy of Science.

Devkota, S., 2008, Distribution and Status of Highland mushrooms: A study from Dolpa, Nepal. J.Nat.Hist.Mus.Vol.23,2008, 51-59

Estrada-Martinez, E., et al, 2009, Contribucion al conocimiento etnomicologico de los Hongos Comestibles Silvestres de Mercados Regionales y Comunidades de la Sierra Nevada (Mexico). Intercienca Jan 2009 Vol. 34 No. 1

Ethnobotanical Study of Tehsil Kabal, Swat District, KPK, Pakistan, Table 1

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 252

Franquemont, C., et al, 1990, The Ethnobotany of Chinchero, an Andean Community in Southern Peru. Fieldiana Botany No. 24 p 32

Geng, Y., et al, 2016, Traditional knowledge and its transmission of wild edibles used by the Naxi in Baidi Village, northwest Yunnan province. Journal of Ethnobiology and Ethnomedicine. 12:10

Guild, B., 1979, The Alaskan Mushroom Hunter's Guide. Alaska Northwest Publishing Company. p 224

Hall, I. R., et al, 2003, Edible and Poisonous Mushrooms of the World. Timber Press. p 239

Harter, J.(Ed.), 1988, Plants. 2400 copyright free illustrations. Dover p 5.3

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 263

Hussain, S. T., et al, 2023, Ethnobotany for food security and ecological transition: wild food plant gathering and consumption among four cultural groups in Kurram District, NW Pakistan. Journal of Ethnobiology and Ethnomedicine 19:35

Jordan, P., 2000, The Mushroom Guide and Identifier, Hermes House, p 82

Jordan, P., 2010, Field Guide to Edible Mushrooms of Britain and Europe. New Holland Publishers. p 84

Kaufmann, B. et al, 1999, The Great Encyclopedia of Mushrooms. Konemann. p 224

Khakurel, D., et al, 2021, Foods from the wild: Local knowledge, use pattern and distribution in Western Nepal. PLOS ONE.

Khalid, N., et al, 2023, Wild food plants gathered by four cultural groups in North Waziristan, Pakistan. Genet Resour Crop Evol. 70:1243–1276

Khan, A. H., et al, 2023, Traditional foraging for ecological transition? Wild food ethnobotany among three ethnic groups in the highlands of the eastern Hindukush, North Pakistan. Journal of Ethnobiology and Ethnomedicine 19:9

Khan, M. & Hussain, S., 2014, Diversity of wild edible plants and flowering phenology of district Poonch (J & K) in the northwest Himalaya. Indian Journal of Sci, Res. 9(1): 032-038

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 322, 1816

Kunshan, Shi, Non-wood forest products in Asia. FAO Corporate Document Repository

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

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

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 54

Masoodi, H. U. R. & Sundriyal, R. C., 2020, Richness of non-timber forest products in Himalayan communities—diversity, distribution, use pattern and conservation status. Journal of Ethnobiology and Ethnomedicine 16:56

Mir, M. Y., 2014, Documentation and ethnobotanical survey of wild edible plants used by the tribals of Kupwara, J & K, India. International Journal of Herbal Medicine. 2(4): 11-18

Montoya, A., et al, 2003, Traditional Knowledge about Mushrooms in a Nahua Community in the State of Tlaxcala, Mexico. Mycologia 95(5) pp. 793-806

Full reference list (21 more) at https://www.echocommunity.org/en/resources/6cb0573c-12e5-4753-b642-1bbc8bada60b

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/6cb0573c-12e5-4753-b642-1bbc8bada60b