PLANT FACT SHEET

Lactifluus gymnocarpoides (Verbeken) Verbeken

GENUS *Lactifluus* **FAMILY** Russulaceae

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

It is parboiled before cooking and eating.

DESCRIPTION

A mushroom.

HABITAT

It is a tropical plant.

REFERENCES

Belova, N.V. & Popov, E.S., 2024, Lactarius and Lactifluus (Russulaceae): Species Diversity and Ecological–Biochemical, Medicobiological, and Nutritional Aspects. Biology Bulletin Reviews, 2025, Vol. 15, Suppl. 2, pp. S113–S121.

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

Degreef, J., et al, 2016, Wild edible mushrooms, a valuable resource for food security and rural development in Burundi and Rwanda. Biotechnol. Agron. Soc. Environ. 2016 20(4), 441-452

Ducousso, M., et al, 2003, Les champignons ectomycorhiziens des forêts naturelles et des plantations d'Afrique de l'Ouest : une source de champignons comestibles. Bois et FORÊTS des TROPIQUES, 2003, N° 275 (1) (As Lactarius gymnocarpoides)

efta-online.org, Edible Fungi of Tropical Africa, Jardin botanique Meise

Karhula P., et al, 1998, Tanzanian mushrooms and their uses 6. Lactarius. Karstenia 38:49-6 (As Lactarius gymnocarpoides)

Msola, D. K., 2007, The role of Wild Foods in Household Income and Food Security in Mufundi District, Tanzania. Morogoro, Tanzania. p 48 (As Lactarius gymnocarpoides)

Verbeken, A. and Walleyn, R., 1999, Studies in Tropical African Lactarius species 7 A synopsis of the section edules and a review on the edible species. Belg. Journ. Bot. 132(2): 175-184 (As Lactarius gymnocarpoides)

Yorou, S. N., et al, 2001, Diversite et productivite des champignons comestible de la foret classee de War-Maro (Benin, Afrique de l'Ouest. Syst. Geogr. 71: 613-625 (As Lactarius gymnocarpoides)

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/9999c052-2f6b-46a6-8361-e8379c337b5d