PLANT FACT SHEET

Astraeus hygrometricus (Pers.) Morg.

GENUS *Astraeus* **FAMILY** Lycoperdaceae

COMMON NAMES Hygrometric earthstar

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

The young mushrooms are boiled and served with rice.
They are also used in curries.

DESCRIPTION

A mushroom found growing under trees on humus soil. The cap is round when young. It is 2.5-4 cm across. It is whitish brown. The outer layer opens and closes with alternate periods of wetting and drying.

HABITAT

A tropical plant. It grows under trees on humus soil. It likes acid sandy soils.

NOTES

Also put in the family Diplocystidiaceae.

REFERENCES

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

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

Jacquat, C., 1990, Plants from the Markets of Thailand. D.K. Book House p 31

Kaufmann, B. et al, 1999, The Great Encyclopedia of Mushrooms. Konemann. p 197

Li, H., et al, 2020, Reviewing the world's edible mushroom species: A new evidence-based classification system. Compr Rev Food Sci Food Saf. 2021;20:1982–2014.

Mortimer, P. E. et al, 2012, Prized edible Asian mushrooms: ecology, conservation and sustainability. Fungal Diversity 56(1) p 31-47

Sanmee, R. et al, 2003, Nutritive value of popular wild edible mushrooms from northern Thailand. Food Chemistry 82: 527-532

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

Srichaiwong, P., et al, 2014, A Study of the Biodiversity of Natural Food Production to Support Community Upstream of Chi Basin, Thailand. Asian Social Science 10 (2):

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/bd952634-0996-4776-a6ed-bdeb28b92002