PLANT FACT SHEET

Pleurotus ostreatus (Jacq. ex Fries) Kummer

GENUS *Pleurotus* **FAMILY** Pleurotaceae

COMMON NAMES Oyster mushroom, Tree oyster mushroom

EDIBLE PARTS AND USES

Edible parts: Fungus, Spice, Mushroom, Vegetable

It is edible but can cause diarrhea and intestinal troubles in some people.
The young fruiting bodies are used in soups, pastas and seafood dishes. They are stewed, sauteed in butter, prepared in tempura, used in soups, sauces and casseroles. It can be dried or preserved in oil.
They are also frozen or canned.

DESCRIPTION

A mushroom. It is a white to grey to pink mushroom. It is fan shaped. The cap is 5-15 cm across. It is moist and spongy. The gills run down the stem and are widely separated. The stem is white, short and firm. They grow in shelf-like layers.

HABITAT

It is a temperate plant. They grow and form clumps in dead trees. It grows in wooded areas.

PICTURES



Credit: Food Plants International (Bruce French)

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