PLANT FACT SHEET

Lactarius heimii Verbeken

GENUS *Lactarius* **FAMILY** Russulaceae

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

It is occasionally eaten after drying and boiling.

DESCRIPTION

A mushroom.

HABITAT

It is a tropical plant.

REFERENCES

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

Tibuhwa, 2013, Wild Mushroom - an underutilized healthy food resource and income generator: experience from Tanzania rural areas. Journal of Ethnobiology and Ethnomedicine 9:49

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

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/dc125a9c-3867-4848-bab7-e882645e5f13