PLANT FACT SHEET

Umbilicaria esculenta (Miyoshi) Minks

GENUS *Umbilicaria* **FAMILY** Umbilicariaceae

COMMON NAMES Manna lichen, Cliff floss, Cliff mushroom, Rock ear

EDIBLE PARTS AND USES

Edible parts: Lichen

The whole plant is steamed with lean meat and ginger and eaten. It is eaten in soups and salads. It is used as an adjunct to food.

DESCRIPTION

A lichen. The threads are round but develop irregular lobes later on. It grows 5-15 cm across. The edges are wavy.

HABITAT

It grows on exposed on rocks and cliffs in China. It grows on rocks in the mountains in temperate regions and in cold climates.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 254 (As Gyrophila esculenta)

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 1141 (As Gyrophila esculenta)

Food Composition Tables for use in East Asia FAO http://www.fao.org/infoods/directory No. 505 (As Gyrophila esculenta)

Hall, I. R., et al, 2003, Edible and Poisonous Mushrooms of the World. Timber Press. p 299, 313

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 265

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1810 (As Gyrophila esculenta)

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 172 (As Gyrophila esculenta)

www.lichen.com/usetype.html

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/dd4d8169-555d-4ec3-8408-5c7c39f996db