PLANT FACT SHEET

Ustilago esculenta P. Henn.

GENUS *Ustilago* **FAMILY** Ustilaginaceae

COMMON NAMES Ishing kambong, Zizania smut

EDIBLE PARTS AND USES

Edible parts: Fungus

It is eaten raw or fried. The fungus grows inside Manchurian wild rice (Zizania latifolia) and these shoots are eaten raw or cooked.
The shoots are peeled just before the mushroom forms spores. It has a taste and texture like mushroom and bamboo shoots.

DESCRIPTION

A smut fungus. It attacks wild rice (Zizania latifolia Turcz.). It grows on swamp grass (Zizania caduciflora) enlarging the stems.

HABITAT

It is a temperate plant.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 269

Singh, P.K., Singh, N.I., and Singh, L.J., 1988, Ethnobotanical Studies on Wild Edible Plants in the Markets of Manipur - 2. J. Econ. Tax. Bot. Vol. 12 No. 1 pp 113-119 (As Melanopsichium esculentum)

Wikipedia

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e46e6ee8-22c2-4b95-b91e-024141578420