PLANT FACT SHEET

Helvella crispa (Scoop.) Fr.

GENUS *Helvella* **FAMILY** Helvellaceae

COMMON NAMES Common brain fungus, White helvella

EDIBLE PARTS AND USES

Edible parts: Mushroom, Fungus

Most Helvella should never be eaten raw.
The fruiting body is fried with oil and fresh cheese.

DESCRIPTION

A mushroom.

HABITAT

It is a temperate plant.

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