




## EDIBLE MUSHROOM







Edible Mushrooms are the fleshy and edible fruit bodies of several species of macro fungi. They can appear either below ground or above ground. They are consumed for their nutritional value and for their culinary value.







Mushroom collection is a means of generating additional income and improving nutritional security and consumed by the ethnic communities of hill districts of the Manipur since ages.



### **Important of Mushroom:**

- Mushrooms are mankind's most affordable sources of all essential amino acids and vitamins needed for good health.
- Mushroom production provides a promising economic opportunity for reducing rural poverty and unemployment.
- Mushroom is a bio-degrader which used agricultural waste as substrate (waste material from farm, plantation or factories) for their growth.

| <b>EDIBLE MUSHROOM OF MANIPUR</b> |                              |   |                 |                      |   |
|-----------------------------------|------------------------------|---|-----------------|----------------------|---|
| SI.No.                            | Scientific Name              | Vernacular name   | Family          | Season of Collection | Image   |
| 1                                 | <i>Auricularia delicata</i>  | Uchina (Meitei)<br>Pachop (Kuki)<br>Sonabi (Naga)<br>Shiokhanavar<br>(Tangkhol) | Auriculariaceae | April-Nov            |  |
| 2                                 | <i>Cantharellus cibarius</i> | Paa(Kuki)<br>Nil (Naga)   | Cantharellaceae | Jun – Oct            |  |
| 3                                 | <i>Lactarius volemus</i>     | Panai (Kuki)<br>Pati (Naga)   | Russulaceae     | June – Oct           |  |

|   |                              |   |                  |             |   |
|---|------------------------------|---|------------------|-------------|---|
| 4 | <i>Lentinula edodes</i>      | Uyen (Meitei)<br>Thangjiyen<br>(Tangkhul)<br>Papal (Kuki)<br>Papine (Naga)      | Polyporaceae     | April- July |    |
| 5 | <i>Pleurotus ostreatus</i>   | Chengum (Meitei)<br>Pachang, Pache<br>(Kuki)<br>Pachu(Naga)                     | Pleurotaceae     | April-Aug   |    |
| 6 | <i>Schizophyllum commune</i> | Kanglayen (Meitei)<br>Pashi(Kuki)<br>Movupa (Naga)<br>Lengphong<br>(Tangkhul)   | Schizophyllaceae | April-Oct   |    |
| 7 | <i>Termitomyces eurhizus</i> | Narin (Meitei)<br>Palhung (Kuki)<br>Piiirapa (Naga)<br>Shipungvar<br>(Tangkhul) | Lyophyllaceae    | May-July    |  |
| 8 | <i>Volvariella esculenta</i> | Charuyen (Meitei)   | Pluteaceae       | April- July |  |
| 9 | <i>Agaricus campestris</i>   | Sipovar (Tangkhul)  | Agaricaceae      | June – Oct  |  |

|    |                                  |   |                 |           |   |
|----|----------------------------------|---|-----------------|-----------|---|
| 10 | <i>Auricularia polytricha</i>    | Shiokkhanavar<br>(Tangkhol)                     | Auriculariaceae | April-Nov |    |
| 11 | <i>Laetiporus sulphureus</i>     | Uyen (Meitei)<br>Uyen (Tangkhol)                | Polyporaceae    | April-Oct |    |
| 12 | <i>Lentinula lateritia</i>       | Thangjiyen (Meitei)<br>Thangjiyen<br>(Tangkhol) | Polyporaceae    | June– Oct |   |
| 13 | <i>Ramaria sanguinea</i>         | Uchekkhong<br>(Tangkhol)                        | Clavariaceae    | April-Aug |  |
| 14 | <i>Termitomyces clypeatus</i>    | Varlang (Tangkhol)                              | Lyophyllaceae   | May-July  |  |
| 15 | <i>Pleurotus citrinopileatus</i> | Nil (Kuki)<br>Hudziimotupa<br>(Naga)            | Pleurotaceae    | June-July |  |

|    |                               |                                  |                 |             |   |
|----|-------------------------------|----------------------------------|-----------------|-------------|---|
| 16 | <i>Lentinellus cochleatus</i> | Uyen (Meitei)                    | Auriscalpiaceae | April- July |  |
| 17 | <i>Lentinus squarrosulus</i>  | Uyen (Meitei)<br>Uyen (Tangkhul) | Polyporaceae    | April-Oct   |  |