

# Review of Research

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### WILD MUSHROOMS OF CHIKMAGALUR DISTRICT OF KARNATAKA, INDIA



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#### ABSTRACT

One of the threats of gathering mushrooms in the wild, Cotter stated, is that of harmful clones-toxic mushrooms that look like consumable ones. He indicated the green-spored parasol (*Chlorophyllum molybdites*, at ideal) as a great model. "This is the most regularly devoured harmful mushroom in North America," he said. "At the point when it's young, it would appear that the white catch mushroom found in market produce areas." It can likewise be mistaken for the eatable shaggy parasol. The green-spored parasol is broadly spread in gardens crosswise over eastern North America and California, by and large showing up after downpours in the mid year and fall.



Two exceptionally attractive and famous consumable mushrooms additionally have dangerous clones, Cotter said. "Morel mushrooms (*Morchella* species) can be mistaken for the harmful false morels (*Gyromitra*, *Helvella* and *Verpa* species) and chanterelle mushrooms (*Cantharellus* species) can be confused with jack-o'-light mushrooms (*Omphalotus olearius*)."

#### INTRODUCTION

Cotter feels that one of the issues with confusing palatable with non-eatable mushrooms is the fledgling's side effect of "realizing only enough to be hazardous." Morels and false morels are a for example, he stated, calling attention to that looks can be deluding.



While morels and false morels do have unmistakable contrasts in appearances (the portrayal underneath), Cotter called attention to that "they organic product in the meantime, the two of them have a dimpled appearance and both are incompletely empty inside." However, he included, "the bogus morel is even brain like inside while a genuine morel is flawlessly and symmetrically empty."

The issue with tenderfoots, he stated, is that a large number of them are so anxious to gather wild mushrooms that when they discover anything remotely near an alluring mushroom like a morel that they will in general fill in the spaces with what they need to see as opposed to what is very. "As such," he stated, "what they do is take a basic guideline however don't make a difference every one of the means important to make a positive recognizable proof. At that point, they aggravate that mistake by not catching up and checking with a nearby club or master before expending a mushroom they gathered out of the blue."

"Additionally," he stated, "numerous amateurs reference basic names on the web and snap 'pictures' on their web index, where numerous mushrooms are misidentified. This is the greatest objection by a wide margin I have with deluding data on the web. Anybody can post false data."

Internet based life locales are a specific issue, he included. When looking for mushrooms on the web, Cotter recommended that foragers stick to high caliber and referenced destinations. When looking for mushrooms in the wild, he said unpractised foragers should scan for mushrooms close by an accomplished and confided in mycologist at whatever point conceivable.



Dissimilar to the general store adaptations of the stuffed catch mushrooms that are explicitly developed for mass utilization, wild mushrooms are season explicit, living space explicit, differing in their shape, surface and sizes, and in this manner significantly more intriguing and uncommon. In the culinary and restorative world, they are exceedingly looked for after for this colorful nature, making the rummaging and selling of the growths an enormous business during the brilliant period when they are accessible.

In Karnataka, wild mushrooms grow in bounty, because of the ideal climatic states of dampness and dampness during the storms just as the plenitude of soil enhanced with spoiled dry leaves, and normal waste. Be that as it may, just a small amount of all out parasitic riches has been exposed to logical investigation as characterizing the number and sorts of growths is a test. This is on the grounds that mushrooms are fleeting and vanish inside multi day.

Along these lines, documentation of mushrooms needs consistent overview during the suitable season. All things considered, researchers have still had the option to report around 163 morphotypes of macrofungi from Kodagu region, 778 types of macrofungi from Shamoga locale, 90 types of mushrooms in and around Chikmagalur and 135 types of macrofungi from Western Ghats during various studies directed in various years somewhere in the range of 2012 and 2015.

### FORAGERS OF THE FOREST

Interestingly, the general population with the most information of wild mushrooms are the ones who depend not on science but rather the conventional intelligence passed on from one age to the next. Ethnic gatherings and ancestral networks have for quite a long time entered the core of woods knowing definitely when and where to hope to locate a specific assortment of mushroom.

### APPRECIATING WILD MUSHROOMS

Chasing and eating palatable wild mushrooms is an amazingly mainstream culture in certain nations, yet a great many people in the United States partner them with stomach issues, excursions to the medical clinic and even passing. Plainly, there is a requirement for instruction regarding the matter, and with that training, another universe of potential nourishment luxuries will be opened. Many examples in life reveal to us that information is control, and unquestionably, learning of consumable wild mushrooms is no special case.

On the off chance that your scrounging knowledge of mushrooms comprises of trespassing crosswise over grain-bolstered dairy animals pastures on evening glow evenings, at that point may I recommend searching for the eatable ones with no attempt at being subtle; it's a lot more secure. Furthermore, talking about the stimulating *Psilocybins*; one of the deadliest mushrooms in North America called the Deadly (*Galerina* spp.) takes after them, and there have been various clueless partakers of that taboo mushroom who accidentally ate the fatal mushroom. Pore prints are one of various approaches to research the personality of a mushroom, and you can't recognize the shading on the off chance that you can't see it. You just spot a crisp develop mushroom top, gills down, on a bit of paper for multi day or two enabling it to discharge its spores.

That old manual (and numerous more up to date forms) advances a dangerous idea called the edibility test. My recommendation is to disregard that hazardous test and know your plants and mushrooms already. Keep in mind; it just takes a little bit of a water hemlock plant to cause a horrifying passing. Likewise, there are numerous mushrooms in the Amanita bunch with a purportedly scrumptious taste; so great, there were even the individuals who returned for quite a long time (and thirds) with no quick impacts, until their kidneys and liver shut down days after the fact. Once more, information is power, and absence of learning can slaughter you.

### Wild Mushrooms: Careful Examination, Study

The Amanitas are the biggest hazard since it's such a colossal group of harmful mushrooms. A huge bulb-like base is related with the savage Amanitas. There are at least three Amanitas normally alluded to as Destroying Angels, Angels of Death, Death Caps or basically Death Angels. Clue: "passing" or "lethal" for the sake of a plant or mushroom should hurl warnings.



The logical names of four of them are *A. bisporigera*, *A. virosa*, *A. ocreata* and *A. verna*. Actually if the whole group of Amanitas did not exist, the mushroom-eating game would be a lot more secure, and yet, this is the simplest gathering to distinguish as a result of the swollen base. Avoid any mushroom with a swollen base. Learning of the Amanitas alone won't guard you. There are more principles, yet none of which take out the need to know, without a sorry excuse for uncertainty, which mushroom you are thinking about eating. The facts demonstrate that you should avoid what we call the LBMs (minimal dark colored mushrooms). A significant number of them haven't been given a name, and a large number of them are toxic. Certainly don't eat any mushrooms with a swollen base, for example, the Amanitas, and white gills and spore prints are dependably the most astounding danger until you know precisely what you are doing.

Before going into a portion of the more "decision" consumable ones, I'm going to give you a brisk brief training about the biggest and deadliest family; the Amanitas. In this family, there are a not many that are palatable, yet they ought to be dodged by amateurs. Indeed, even following quite a while of study and graduating to a specialist level, eat them at your own hazard.

Wild mushrooms are delightfully astounding, and once you sauté and eat your first discovers, you will everlastingly be hooked. You don't need to be a mycologist with a degree to be a specialist on consumable wild mushrooms; however you do need to ponder for a considerable length of time, as I would see it. Contemplating means purchasing books and bunches of them. When thinking about your progression in your scavenging training, consider eating ordinary sustenance as your secondary school degree, consumable wild plants as the four year college education and eatable wild mushrooms as the doctorate qualification. When finding out about them, you have to likewise become familiar with the terms of the exchange. Wild mushrooms are delightfully astounding, and once you sauté and eat your first discovers, you will everlastingly be hooked. You don't need to be a mycologist with a degree to be a specialist on consumable wild mushrooms; however you do need to ponder for a considerable length of time, as I would see it. Contemplating means purchasing books and bunches of them. When thinking about your progression in your scavenging training, consider eating ordinary sustenance as your secondary school degree, consumable wild plants as the four year college education and eatable wild mushrooms as the doctorate qualification. When finding out about them, you have to likewise become familiar with the terms of the exchange.

One case of such a mushroom is one of my top picks: hen of the forested areas (*Grifola frondosa*). Try not to befuddle this regular name with another decision eatable called chicken of the forested areas (*Laetiporus*); anyway both are decision palatable mushrooms. I would say hen of the forested areas is the most delicious and most tasty of the wild mushrooms. Hen of the forested areas is additionally called "smash's head," "sheep's head," and in Japan, it's classified "Maitake." It has been known to develop more than 100 pounds in weight, which earned it the name ruler of the mushrooms. Around the world, it's a prized palatable and therapeutic mushroom. The developing season is pre-fall and fall. It develops at the base of dead or kicking the bucket trees, for the most part, yet not restricted to oaks.

Like plants, mushrooms have different developing seasons. A few seasons are longer than others. Generally mushrooms need dampness to organic product out, hence atmospheres which once in a while produce downpour seldom produce mushrooms. Wetter atmospheres further north have an a lot more extensive and crowded scope of fluctuating species.

## WILD MUSHROOMS

One of my preferred mushrooms developing in the late spring and fall in my general vicinity are the chanterelles (*Cantharellus* spp.) and the *Craterellus* genera which incorporate the littler chanterelles and furthermore the tasty dark trumpets. There are various species and furthermore a couple of carbon copies yet nothing that a nearby eye can't separate. Dangerous carbon copies incorporate the bogus chanterelles, *Hygrophopsis aurantical*, which have better firmly dispersed gills and a top with a harsh caramel orange surface. Likewise, there's the well known and dangerous "Jack-O-Lantern" mushroom (*Omphalotus illudens*), which sparkles in obscurity and dissimilar to genuine chanterelles, has strong shading all through. Sautéed with margarine is my preferred method to eat the consumable chanterelles. By chance, they are wealthy in nutrients and minerals and like numerous different mushrooms; they can likewise be dried out and rehydrated effectively for later use. Chanterelles ought to be pre-cooked before solidifying, and utilizing a lot of water while cleaning them will make them wet. Getting over them with a spotless toothbrush is adequate. Blaze solidifying them on wax paper after quickly sautéing them in spread before cooler packing is a decent method to shield them from staying together.

## PUFFBALL POWER

Another scrumptious, however frequently disregarded palatable mushroom gathering is the puffballs. Genuine puffballs are very sheltered as 99 percent of them are palatable, and the one I am aware of that is to some degree harmful is ugly to the point that you'd be unable to eat it. Know about Earth balls,

especially the *Scleroderma*, which aren't correct puffballs, however have been confounded thusly. Likewise, be careful about any mushroom you cut open and its shading changes. Genuine puffballs are delicate, white and strong inside. Likewise, don't confound a youthful *Amanita* still in its puffball-looking sack. At the point when youthful *Amanitas* first fly out of the ground, they look like the puffballs, yet when you cut them into equal parts the long way, the puffball will be delicate and totally strong inside. The *Amanita* won't be strong and may even uncover a framework of the untimely *Amanita* inside. In his book *Mushrooms Demystified*, David Arora states that *Amanitas* are in charge of roughly 90 percent of all mushroom fatalities. Consider it along these lines, "puffballs will fill you, however *Amanitas* will kill you." Puffballs can be found at different occasions of the year, and in incredible wealth, notwithstanding during winter months. Like such a significant number of different mushrooms, I like them sautéed in margarine. They can be in ample supply, and a few species get exceptionally enormous, which means more sustenance for the table.



Two other famous palatable mushrooms are clam mushrooms (*Pleurotus* spp.) and lion's mane mushrooms (*Hericium* spp.), additionally called whiskery tooth or hedgehog mushrooms. Both of these genera are developed economically, however you're in all probability just acquainted with the clams sold in certain grocery stores. Shellfish are a standout amongst the most developed mushrooms on the planet. Clams likewise come in various hues, in contrast to the *Hericiums*, which are generally white. Shellfish can be white, dark colored, blue, purple or pink, and I'm certain a couple of different hues too. These two mushrooms are effectively distinguished and exceptionally difficult to botch once you know about them. Pre-fall and fall is the season for lion's mane, yet I've seen shellfish all year here in the South. Once in a while a stepping stool is expected to gather wild mushrooms. I have gathered shellfish becoming around 10 feet noticeable all around. I needed to cut a little sapling so as to sever them. An insight worth heeding, if gathering shellfish throughout the late spring, put them on ice rapidly, as they ruin quickly, possessing an aroma like spoiled fish.

### MUSHROOM MEDICINE

Numerous mushrooms have restorative properties. One of my preferred therapeutic mushrooms is the reishi, additionally generally called Lingzhi, lacquered section and even the mushroom of interminability, among others. This woody parasite has been gathered for a huge number of years for its restorative uses, including being one of the better invulnerable framework modulators. The develop mushroom isn't consumable; however as a new tea it is a spectacular restorative organism, in spite of the fact that it tastes dreadful.

When I contracted Rocky Mountain spotted fever two or three years prior, I'm persuaded that reishi and a couple of different herbs kept me out of the medical clinic and potentially even helped spare my life.

Mushrooms can be developed without synthetics, manure or working the ground, which makes them in all respects ecologically well disposed. This is particularly valid if trees are utilized that have normally passed on without anyone else as opposed to being chopped down. There are numerous who sell mycelium-impregnated wood dowels of a decision eatable mushroom based on your personal preference that can be penetrated into live or dead trees around your residence. Remember that numerous mushrooms can



murder the host tree following a shifting number of years. A more secure technique would stack oak logs in the wake of vaccinating them with your preferred ideal eatable wild mushroom. Numerous species can be obtained online, for example, hen of the forested areas, chicken of the forested areas, shellfish, lion's mane, shiitake, reishi and others.



I confess to being genuinely new at eating consumable wild mushrooms. I have now eaten around 10 distinctive wild species. I've been examining and eating eatable wild plants for near 30 years, however palatable wild mushrooms, increasingly like four. On the off chance that it was not for my master companion Darryl Patton, I wouldn't be so far along as I am currently.

There are such a significant number of reasons why we should start to study consumable wild mushrooms. They are regularly ignored as both sustenance and drug, yet can be such a significant wellspring of both. They develop wild, however can without much of a stretch be developed around the property as a practical wellspring of sustenance in a consumable permaculture setting.

Morels need a specific height higher than Srinagar's 1,500-odd feet raise thick vegetation, and a specific dimension of dampness to develop. Given its climactic inclinations, in India, it is just found in Kashmir, portions of Himachal Pradesh and Uttarakhand. Be that as it may, a great part of the morels developed in the area are sent out. Numerous researchers have attempted to recreate the precise conditions, and develop morels in a controlled domain; every one of those has come a cropper. Which means morels can't be developed anyplace however in the wild and discovering they could be as exhausting an errand as sniffing truffles from under the ground with pigs or canines directing you.

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