

## Edible and Medicinal Fungi for Cold Climate Permaculture Gardens



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Latin Name	Common Name	ED	MD	MYC	SAP	PAR	LOGS	BEDS	NAT	NOTES
<i>Coprinus comatus</i>	Shaggy Mane	X	X					X		Grows in soils with high OM, manure, sawdust, etc.
<i>Ganoderma applanatum</i>	Artist Conk		X		X					Grows primarily on deciduous snags but can also be found on Douglas fir. Used for etching.
<i>Ganoderma lucidum</i>	Reishi		X		X					Grows on hardwood logs or stumps.
<i>Hericium abietis</i>	Conifer Coral Mushroom	X			X					Grows best on stumps or partially buried logs.
<i>Hypsizygus ulmarius</i>	Garden Oyster/Elm Oyster	X	X							Grows on plant debris, straw, sawdust, etc, good ally for most garden vegetables. Also grows well on Manitoba Maple logs.
<i>Lentinula edodes</i>	Shitake	X	X							Hardwood logs and stumps
<i>Grifola frondosa</i>	Maitake	X	X		X					Also called "Hen of the Woods". Grows on half buried hardwood logs, ie. oak.
<i>Lepista nuda</i>	Blewitt Mushroom	X	X							Thrives on plant debris, grass clippings, mulched beds, etc.
<i>Morchella angusticeps</i>	Giant Morel	X						X		Slow, grows in coniferous mulch
<i>Morchella elata</i>	Morel	X								Slow, grows in coniferous mulch.
<i>Pleurotus ostreatus</i>	Oyster	X	X				X	X		Grows on hardwood chips or deciduous tree logs.
<i>Laetiporus sulphureus</i>	Chicken of the Woods	X	X							Grows in hardwood and coniferous stumps and logs. Best eaten when young.
<i>Stropharia rugosoannulata</i>	Garden Giant/ King Stropharia	X						X	X	Grows on hardwood chips and/or sawdust, extremely large mushrooms

**KEY:** ED (edible), MD (medicinal), MYC (mycorrhizal), SAP (saprophytic), PAR (parasitic), LOGS (grows on logs), BEDS (grows on organic material in beds), NAT (will readily naturalize, i.e. self-propagate)

**NEVER EAT A MUSHROOM UNLESS IT CAN BE POSITIVELY IDENTIFIED!**

**For more information:**

Fungi Perfecti - [www.fungiperfecti.com](http://www.fungiperfecti.com) Alberta Mycological Society - [www.wildmushrooms.ws/web/guest/home](http://www.wildmushrooms.ws/web/guest/home)

*Growing Gourmet and Medicinal Mushrooms*, Paul Stamets, 2000, Ten Speed Press

*Mycellium Running - How Mushrooms Can Help Save the World*, Paul Stamets, 2005, Ten Speed Press

