

A Brief Report on Nutritional Value of Few Wild Edible Mushrooms of Darjeeling

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Abstract—Since earliest time, mushrooms have been treated as a special kind of food. In recent years mushroom as a food item had occupied a very important place in our dietary. Darjeeling Hills, a segment of Eastern Himalaya provides all the favourable geoclimatic and weather conditions for luxuriant growth and survival of mushrooms which recognized Darjeeling as a hot spot for macrofungi. The existence of several edible mushrooms from this regions like, *Aleuria aurantia*, *Leptopodia elastica*, *Verpa* spp., *Xylaria polymorpha*, *Lycoperdon perlatum*, *Auricularia delicate*, *Fistulina hepatica*, *Polyporus squamosus*, *Hericium coralloides*, *Agaricus silvaticus*, *Armillaria mellea*, *Flammulina velutipes*, *Hypoloma capnoides*, *Hypoloma sublateritium*, *Lacrymaria velutina*, *Leucoagaricus exoriatus*, *Pholiota aurivela* *Russula cyanoxantha*, *Sparassis crispa*, *Polyporus grammacephalus* *Auricularia auricula*, *Morchella esculenta*, *Verpa conica* etc. It was found that mycophilic traditions were prevalent among hill communities and during monsoon season many wild mushrooms were being sold in the local market, with the dry fruit bodies of some mushrooms like *Auricularia auricula-judae* reaching the price of Rs. 1,200.00. Studies on proximate composition of these mushrooms showed that they are rich in protein, and crude fibres with very low amounts of fats. Therefore the mushrooms could serve as a low-caloric healthy diet for persons who suffer from hypertension, high blood pressure and atherosclerosis. Furthermore, due to the presence of high level of crude fiber it could help to control diabetes and obesity. The present presentation was focused on the evaluation of nutritional compositions of few wild edible mushrooms of Darjeeling.