

# Oyster

*Pleurotus ostreatus*



## Medicinal Uses

A delicious edible mushroom, widely available. They look and feel like "The Family Mushroom". Concurrently offering culinary nutritional, and medicinal benefits. Oyster mushrooms help with general health maintenance, especially in the elderly. Improve cholesterol control and blood sugar regulation

## Also known as

Hiratake, Ping Gu, Pearl oysters - also King Trumpets (*Pleurotus eryngii*)

## Habitat & season

Grows mainly on deciduous trees (Beech trees in particular). Worldwide and widespread. Grows all year and are easily farmed

## Identification features

Broad fan-shaped cap with a smooth wavy margin. Can be beautiful colours - pink, yellow, blue grey. Crowded white cream gills run from the cap edge decurrent down the stem

## Interesting

Oyster mushrooms are perhaps the most versatile type of fungi for mycoremediation purposes. They can decompose everything from petroleum to plastics to TNT - they can help save the world

## Available in

- Used in personal blends for patients who are low on nutrients and who are maybe in recovery and need a balancing boost
- Myco4 Functional Blends: Smooth Moves
- Dispensary powder - easy to add to recipes

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## Research

Rose-Francis, 2021. 7 Impressive Benefits of Oyster Mushrooms

Kadam et al, 2023. The food and medicinal benefits of oyster mushroom (*Pleurotus Ostreatus*): a review