

EDIBLE FUNGI

Fungi also known as mushroom, has both **edible and poisonous species** among 300 members across the world.



Edible mushrooms are the **fleshy and edible fruit bodies** of several species of macrofungi (fungi which bear fruiting structures that are large enough to be seen with the naked eye).

The mushroom is said to have medicinal properties including:

1. Control physical & emotional stress
2. Stimulate immune system
3. Reduce cholesterol
4. Prevent osteoporosis
5. Treat digestive problems



Agaricus is an example of an edible “Fungi”.

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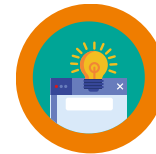
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