

Did
you **know?**

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Mushrooms are the Fruit of a **Fungus**

Mushrooms aren't technically a vegetable but are considered a vegetable in culinary and nutrition terms. They aren't a type of fruit, but are instead a type of fungus – edible, of course!

Know More



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Fungi (the plural of fungus) are a "species of organisms of the kingdom Fungi, which includes the yeasts, rusts, smuts (plant diseases), mildews, molds, and mushrooms." (Brittanica definition)

Notice that Fungi is an entirely separate kingdom in biological classification, much like the animal kingdom (Animalia) or the plant kingdom (Plantae). All vegetables are in the plant kingdom, so a mushroom can't technically be a vegetable any more than a cheetah could!

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Source-Coconut Mama

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