

What You Should Know About Milky Mushroom

F. Lalruatfela^{1*}, Sobita Simon² and Abhilasha A. Lal³

1,2&3 Department of Plant Pathology, SHUATS, Prayagraj

Corresponding Author: duatafanai2796@gmail.com

Introduction

Calocy be indica known as milky mushroom or Dudhchatta or Summer mushroom is a big sized delicious mushroom reported in India by Purkayastha and Chandra in 1976. It is a species of edible mushroom that is native to India. For several decades, the people from West Bengal (Eastern Indian State) have collected these mushrooms and sold in local markets. Its milky white color and robust nature are appealing to consumers. In nature, milky white mushrooms are seen grown on humus rich soil in agricultural fields or along the roadside in tropical and subtropical parts of India, especially in the plains of Tamil Nadu (South Indian State) and in Rajasthan (located in the western edge of India). These mushrooms grow every year between the months of May and August, which normally coincides with sufficient showers after a prolonged dry spell.



Fig.1 Milky mushroom



Krishi Udyan Darpan (Innovative Sustainable Farming)

It has become the third commercially grown mushroom in India subsequent to button and oyster mushrooms. This mushroom is gaining attractiveness due to its attractive robust, white sporocarps, long shelf life, sustainable yield, delicious taste, exclusive texture and cholesterol free foods with certain significant medicinal properties including their antiviral effect. The diverse production potential of diverse substrates is due to the variations in their physical properties and nutritional composition. Locally available substrates likewise, wheat straw, paddy straw, pea straw, cotton waste, maize straw, sugarcane bagasse and wheat straw in combination with paddy straw were evaluated to find out the best appropriate substrate for cultivation of milky mushroom.

For the grower, milky mushroom is also a good choice because of many reasons. The first one being a warm climate mushroom, unlike other cultivated mushrooms, which are cool-growing, the milky mushroom likes it hot, it grows really well even in hot weather. This Indian mushroom has an ideal temperature range of 23-35°C. So, maintaining the temperature of mushroom cultivation room won't be needed. The second reason is that it has a long shelf life. As compared to other mushrooms that are extremely perishable, milky mushroom lasts for 7 days at room temperature. In comparison, straw mushrooms will last 8 hours and oyster mushroom will last for maximum of 2 days. With refrigeration, milky mushroom will last for 20 days without significant loss of quality. This gives commercial growers and traders a wide window of time in which to sell their produce.



The milky mushroom is the prettiest mushroom in cultivation. It is white and most of the time, it is perfectly shaped. Even the taxonomists agree; "Calocybe" in Latin means "pretty head." A milky mushroom farm is a good agribusiness project because the sight of these lovely, big mushrooms never fails to amaze the beholder. This mushroom also has a high biological efficiency of 100-180%. This means that for every kilo of dried substrate (i.e., straw, paper), a kilo to 1.8 kilos of fresh mushrooms can be harvested.

Milky mushrooms are very nutritious like other edible mushrooms as they are an excellent source of vitamins B2, E and A phosphorus, potassium and selenium and also contain calcium, vitamin C, iron and zinc. This mushroom fulfils the criteria of all the dietary supplements and can be suggested as a good source of functional food with significant amount of nutrients. For Indians, our population being vegetarian, using mushrooms as food can significantly increase the protein and mineral levels in our diet, which is an excellent way to make more use of our vegetarianism.

C. indica is not only nutritious, it is also known to have medicinal benefits. It strengthens and regulates the immune system, which makes it a powerful defense against infections. It is also said to help alleviate asthma and other allergies. It is also said to have antibiotic, anti-tumor and anti-cancer properties and to help in regulating diabetes, lowering bad cholesterol levels and to have strong antioxidant properties. They are harvestable when the cap is fully expanded but there is still a small in-curl between the edge and the gills. Harvest them by holding the stem and twisting lightly. After the first flush, the mushroom bed will continue to fruit for a couple more months but in decreasing size and quantity.

Milky Mushrooms, also called 'white vegetables' or 'boneless vegetarian meat'

contain ample amount of proteins, vitamins and fibre, they even grow easily on warm weather and have significant medical benefits too, soadding them in our daily diet can benefit us in many ways. For cooking, firstly clean the base of the mushroom with a knife to take off the casing material attached to the stem, slice thinly and cook for about 5-10 minutes.



Fig. 1. Milky mushroom farm



Fig. 2. Cooked milky mushroom

Conclusion

From the above paragraphs, we see that "Milky Mushrooms" contain ample amount of proteins, vitamins and fibre, they even grow easily even on warm weather, it is a good thing for starting a business and have significant medical benefits too, so adding them in our daily diet can benefit us in many ways in our daily life.

ISSN No. 2583-3146



References

- "An Introduction About Mily Mushroom
 Their Cultivation and Management" Society of Biological Sciences and Rural
 Development
- "Status of milky mushroom (Calocybeindica) in India-a review" Satish Kumar, V.P. Sharma, Mahantesh Shirur and Shwet Kamal
- "A Comprehensive Review of Tropical Milky White Mushroom (*Calocybe indica P&C*) Krishnamoorthy Akkanna Subbiah and Venkatesh Balan
- "Impact of Milky Mushroom Cultivation and Value Addition Trainings among the Unemployed Youth of Ballari District, India Shilpa Huchchannanavar1" - G. Ravishankar and V. Anandkumar
