

ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS

MUSHROOM PLANT

Rungia klossii



ISTORY

In Papua New Guinea it is one of the main and most popular greens.



DESCRIPTION

Perennial, bushy plant to 60cm/24in. green glossy leaves.

Blue flowers in Spring. Growing this plant with its mushroom flavor will be a real treat.



USES

Culinary
The mushroom plant is an amazing

flavorful treat rich in health giving nutrients. Stems can be cut, or leaves nipped off individually, all year round to eat as greens or to give flavor to many dishes. Eat leaves raw in tossed salad, tucked into a sandwich or use as a great garnish. When used in cooked dishes like stir-fries, stews and soups, add at the last minute as over cooking will result in leaves losing their bright color and full flavor. Goes well in sandwiches. High in chlorophyll and a good source of protein, calcium, and vitamins A & C. Mushroom flavor increases with cooking but, as stated, leaves will lose their bright color.

Medicinal Leaves are extremely rich in chlorophyll, therefore, valuable for blood cleansing and building. Mushroom plant leaves have 3% protein (higher in protein than mushrooms); calorie content 33 per 100 grams of leaves and calcium 272 mg to 100grams of leaves. This makes it extremely valuable as a food, as the calcium content is considerably higher than most goods. Other known high sources of calcium in foods are Kale 249, Almond 234, Soybeans 226, Parsley 203, Dandelion leaves 187, Watercress 151, Horseradish 140.... which shows us that the mushroom plant is considerably higher in calcium. This plant is also considered to be a rich source of vitamin C, beta-carotene, iron and other vitamins and minerals.

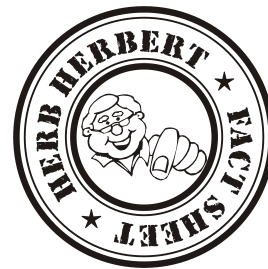
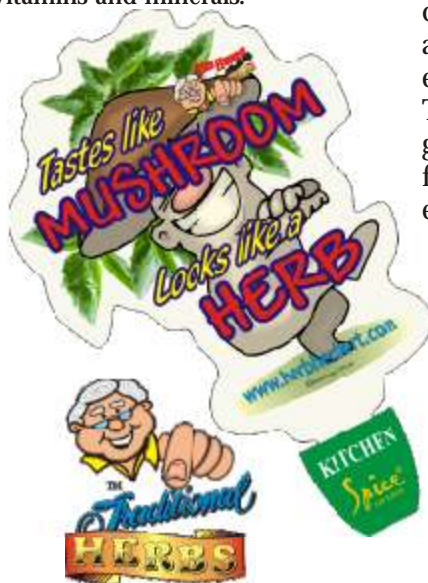
For people who suffer from candida, thrush and other similar ailments and are not able to eat mushrooms due to the fact that they are a fungus, will find they can enjoy the mushroom plant to their hearts content as is not a fungus.



CULTIVATION

Although the Mushroom Herb loves shade it

will grow in full sun. In the sun the leaves will not grow as large as in the shade. It's origins are in the tropics, but it adapts to sub-tropical and warm temperate climates. A warm sheltered position in the winter months is recommended and for this reason people living in cold climates may prefer to pot the plant in a large container which can be moved to a warm spot in the winter. Once established will grow quickly. Tolerates most soils, but enjoys good drainage. Protect from frosts. Regular harvesting encourages leaf growth.



Any enquiries can be directed to:

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This Herb description is for informal use only; we cannot accept any liability for any harm or illness arising from the misuse of the plant described above

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