

# Wild Mushrooms of Atewa Forest in Ghana

Raising the profile of data for the conservation of four forested African landscapes

## ABBREVIATIONS

Scientific Name: SN Common Name: CN Local Name: LN



**SN:** *Xylaria polymorpha*  
**CN:** Dead man's fingers  
**LN:** Mmire nasatea/ owufo nsatea

**EDIBILITY:**  
Not Edible

**USES:** Has antioxidant properties; it is used by pharmaceuticals; improves soil fertility



**SN:** *Lentinus squarosullus*

**EDIBILITY:**  
Edible

**USES:** Eaten in some parts of Africa and has medicinal properties



**SN:** *Geastrum saccatum*  
**CN:** Rounded Earthstar  
**LN:** Efufo

**EDIBILITY:**  
Not Edible

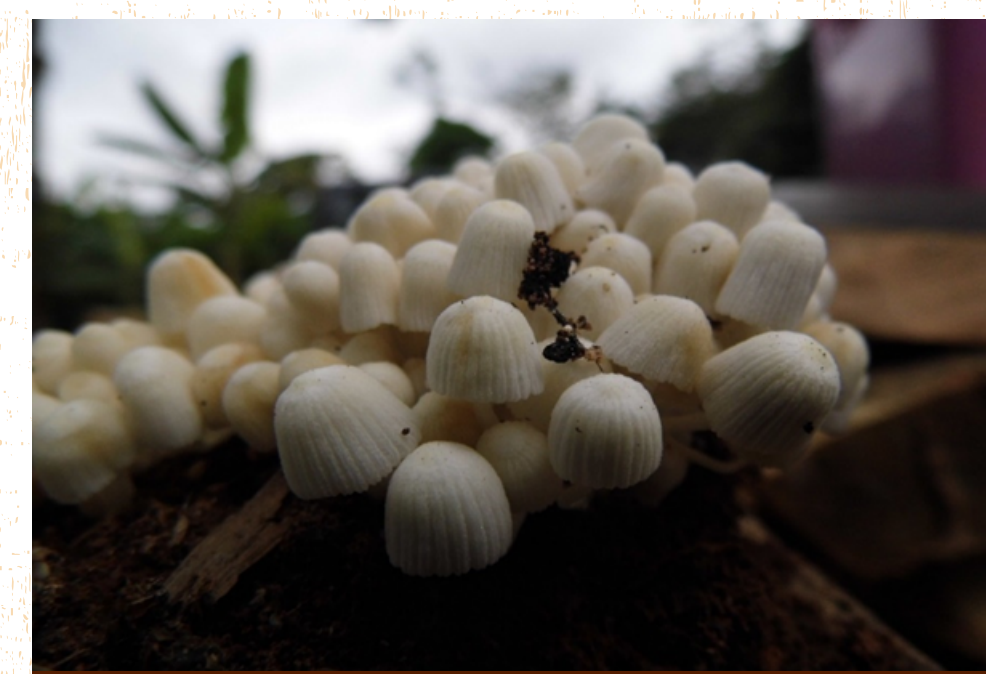
**USES:** Has medicinal properties (antioxidants, anti-inflammatory)



**SN:** *Termitomyces sp.*  
**LN:** Twearodo/Atwe woro

**EDIBILITY:**  
Edible

**USES:** Has antioxidant and anti tumor properties



**SN:** *Coprinus disseminatus*  
**LN:** Mmire pimpinaa/ Mire pa

**EDIBILITY:**  
Edible

**USES:** Has medicinal properties, may lower blood sugar; has antioxidant and anti tumor properties



**SN:** *Schizophyllum commune*  
**CN:** Split Gill mushroom

**EDIBILITY:**  
Edible

**USES:** Food, medicine, and tool for bioremediation



**SN:** *Volvariella volvacea*  
**CN:** Straw Mushroom  
**LN:** Domo

**EDIBILITY:**  
Edible

**USES:** Antioxidant. Can be used to treat infections and help improve stomach upset like ulcers or wound whistles. Contains Vitamin A, B, and C and contributes to strengthening the immune system



**SN:** *Daldinia concentrica*  
**CN:** Cramp ball fungus

**EDIBILITY:**  
Not Edible

**USES:** Helps decomposition of trees; has antibacterial properties; used by pharmaceuticals



**SN:** *Ganoderma sp.*  
**CN:** Monkey Seat

**EDIBILITY:**  
Not Edible

**USES:** Medicinal properties; antioxidants can be used by pharmaceuticals in medicinal preparations for managing HIV patients. Also used to treat breast cancer



**SN:** *Pleurotus tuber-regium*  
**CN:** King tuber mushroom  
**LN:** Futrufu

**EDIBILITY:**  
Edible

**USES:** Can be eaten as food and has medicinal properties



**SN:** *Collybia piperata*

**EDIBILITY:**  
Edible

**USES:** Can be eaten as food and has medicinal properties



**SN:** *Phallus indusiatus*  
**CN:** Bridal veil  
**LN:** Saman kote/ Saman mire

**EDIBILITY:**  
Known to be edible in some countries but not Ghana

**USES:** Has medicinal benefits for treatment of immunotherapy, cancer, neurodegenerative diseases; obesity and hyperlipidemia



**SN:** *Pleurotus albidus*

**EDIBILITY:**  
Edible

**USES:** Traditional medicine for treating high cholesterol, high blood pressure and headache. Can also be used as a laxative



**SN:** *Gymnopilus sp.*  
**CN:** Black fungus/ Wood ear  
**LN:** Nkankom

**EDIBILITY:**  
Edible

**USES:** Has medicinal properties—antioxidant



**SN:** *Auricularia polytricha*  
**CN:** Black fungus/ Wood ear  
**LN:** Ase mire

**EDIBILITY:**  
Edible

**USES:** Can be eaten as food and has medicinal properties



**SN:** *Marasmius sp.*

**EDIBILITY:**  
unknown

**USES:** Medicinal and anticancer properties



**SN:** *Gomphus sp.*

**EDIBILITY:**  
Known to be eaten in some countries but not Ghana

**USES:** Has medicinal benefits for regulating cholesterol



**SN:** *Pleurotus sp.*  
**CN:** Oyster mushroom  
**LN:** Mbrefuofu

**EDIBILITY:**  
Edible

**USES:** Traditional medicine used for treating high cholesterol, infections, diabetes, and cancer.



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