

Maitake

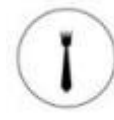
Grifola frondosa

Hen of the woods

Traits: soft-fleshed polypore, with grey-brown spatulas spread over 20-60cm; white pores; white spores; weighting up to 10 kg

When: Occasional July → Oct.

Where: Decomposer & parasitic on deciduous trees, mainly oaks; also cultivated



Note: look-alike *Polyporus umbellata*, also delicious; minimal risk of confusion; high in Vitamin D

