

CAULIFLOWER MUSHROOM



Sparassis Crispa
Wood Cauliflower or Brain Mushroom



Fruit Bodies	Bushy, elastic, branched, cauliflower-like structures (also described as flattened wavy ribbonlike folds), ranging from cream to brownish color.
Branches	Thin, flattened, twisted, flattened wavy ribbonlike folds, with curly edges and darker edge.
Stem	A stem that grows at the base and comes from the root system of the tree. Central, often discreet.
Flesh	Dense, white to pale yellow, creamy, elastic, gummy, does not change colour when cut.
Habitat	Coniferous forests, typically near tree trunks or roots.
Possible Confusion:	Sparassis Brevipes (edible, very similar to S. Crispa), Peziza Proteana (edible, no distinctive stem, looks dirty, not looking like cauliflower), Ramaria Botritis Flava, Aurea, Flavobrunnescens (coral looking mushrooms, better to avoid as they look similar to the poisonous R. Mairei).

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