

## Milky Mushroom

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### SUMMARY

It is also called "Indian Milky Mushroom" or Kesar Mushroom. It is a tropical mushroom that is widely cultivated for its nutritional value and delicious taste. Here are some important features of the milky mushroom. The Milky Mushroom's cap is convex at first, but as it grows, it becomes more rounded and has a slightly upturned margin. The cap can be creamy white or light yellow. The stem is round and white, and the gills underneath the cap are white. Milky Mushroom has a firm, meaty consistency. It has a mild, pleasant flavor, so it can be used in a variety of dishes. Milky mushrooms are usually grown in controlled condition. Milky Mushrooms are well-known for their nutritional value. They are a good source of dietary fiber, protein, vitamins (like vitamin D and B-vitamins), and minerals (like phosphorus and potassium). Milky mushrooms are loved in many cuisines and can be used in a lot of dishes like stir-fries, soups, curries, and sautés. They have a mild flavor, so they can absorb other ingredients in the dish. Milky Mushrooms are thought to have medicinal properties in addition to being a tasty food source. Traditional medicine has used them for a few reasons, including strengthening the immune system and promoting general well-being.

### INTRODUCTION

After button and Pleurotus mushrooms, the milky mushroom (*Calocybe indica*) is now India's third most widely used commercial fungus. The attractive, sturdy, white sporocarps, extended shelf life, sustainable yield, delectable flavour, distinctive texture, and cholesterol-free foods have all contributed to the mushroom's rapid rise in popularity. They also have essential medical benefits, such as an antiviral impact. Mushrooms are a very good source of protein, vitamins, and minerals. They also have enticing flavours and are devoid of cholesterol. They also have a number of significant therapeutic benefits, including an antiviral effect. Additionally a great source of thiamine, riboflavin, nicotinic acid, pyridoxine, biotin, and ascorbic acid are milky mushrooms.

The paddy straw substrates, which are readily available locally for its production, are ideal for growing milky mushrooms. Purity and quality of the spawn utilised, as well as adequate maintenance of pure culture, all contribute to a higher production of high-quality mushrooms. As a result, mushroom producers' fundamental needs include affordable, high-quality spawn. Throughout the cultivation, several dangerous fungi are found in the compost and casing soil. Many of these function as competitor moulds, negatively influencing the spawn run, while others attack the fruiting bodies at different phases of crop growth, creating diverse disease symptoms. Depending on the infection stage, the superiority of the compost, and the environmental factors, there may occasionally be a complete crop loss. To highlight potentials and uses, a functional investigation of the fungal communities in the casing soil is required. Mushrooms are commonly referred to as "Khumbi," "Chhatra," "Kukurmutta," "Dhengri," "Dharti ka phool," etc. in India. They belong to the ascomycotina or basidiomycotina kingdom and, unlike green plants, lack chlorophyll. As a result, they cannot use solar energy to produce their food. Green plants, which come in a variety of shapes, sizes, and colours, are

A large, delicious mushroom known as *Calocybe indica*, also known as milky mushroom, Dudh chatta, or summer mushroom, was first discovered in India in 1976 by Purkayastha and Chandra. It is an Indian-born kind of edible mushroom. People from West Bengal (an eastern Indian state) have been gathering and selling these mushrooms for a number of decades. Customers are drawn to it by its sturdy nature and milky white colour. In tropical and subtropical areas of India, particularly in the plains of Tamil Nadu (a state in the south of the country) and Rajasthan (located in India's westernmost region), milky white mushrooms are commonly spotted growing on humus-rich soil in agricultural fields or by the side of the road. These mushrooms grow every year between the months of May and August, which normally coincides with sufficient showers after a prolonged dry spell.

After button and oyster mushrooms, it is now India's third commercially produced mushroom. Due to its appealing robust, white sporocarps, extended shelf life, sustainable yield, delectable taste, unique texture, and cholesterol-free foods with some important therapeutic benefits, including their antiviral impact, this mushroom

is becoming more and more popular. The differences in their physical characteristics and nutrient makeup account for the varying production potential of diverse substrates. To determine the best suitable substrate for milky mushroom cultivation, a variety of locally accessible substrates including wheat straw, paddy straw, pea straw, cotton waste, maize straw, sugarcane bagasse, and wheat straw combined with paddy straw were assessed.

### **Milky Mushroom**

The milky mushroom is also a wise choice for the grower for a variety of reasons. The milky mushroom is a warm-climate mushroom; in contrast to most cultivated mushrooms, which are cool-growing, it enjoys heat and thrives even in hot weather. The recommended temperature range for this Indian mushroom is 23–35 °C. It won't be necessary to manage the temperature of the room used for mushroom production. Its long shelf life is the second justification. The milky mushroom lasts seven days at room temperature, unlike other mushrooms which are more perishable. In contrast, oyster mushrooms only endure for a maximum of two days and straw mushrooms only last for eight hours. Milky mushrooms can be refrigerated and will keep for 20 days without significantly deteriorating in quality. Commercial farmers and traders now have a lengthy window of opportunity to market their goods. The milky mushroom is the most attractive mushroom grown today. It is white and frequently has an ideal shape. Even taxonomists concur; the Latin word "Calocybe" means "pretty head." The appearance of these beautiful, large mushrooms never ceases to astound the viewer, making a milky mushroom farm an excellent agricultural venture. Additionally, this mushroom has a biological efficiency of 100–180 percent. Accordingly, a kilogramme to 1.8 kilogrammes of fresh mushrooms can be harvested for every kilogramme of dried substrate (such as straw or paper).

Like other edible mushrooms, milky mushrooms are incredibly nutrient-dense. They are a superb source of vitamins B2, E, and A, phosphorus, potassium, and selenium, and they also have calcium, vitamin C, iron, and zinc. This mushroom meets the requirements for all dietary supplements and can be recommended as a reliable source of nutritious food that has a functional purpose. The majority of Indians are vegetarian, so using mushrooms as food can considerably boost our diet's protein and mineral content, which is a great method to take advantage of our vegetarianism even more. In addition to being nourishing, *C. indica* is also reputed to provide health advantages. It boosts and controls the immune system, making it a potent barrier against infections. Asthma and other allergies are also believed to be helped by it. It is also reported to help control diabetes, lower levels of bad cholesterol, and have potent antioxidant qualities in addition to having antibiotic, anti-tumor, and anti-cancer properties. When the cap is fully inflated but there is still a slight in-curl between the edge and the gills, they are harvestable. Holding the stem, gently twist it to collect them. The mushroom bed will continue to bear fruit after the first flush for a few more months, although in dwindling amounts. Milky mushrooms, sometimes known as "white vegetables" or "boneless vegetarian meat," are rich in proteins, vitamins, and fiber. They also grow well in warm climates and have many health advantages, so include them in our daily diet can be beneficial in a variety of ways. To prepare the mushroom, first use a knife to clean the base of the mushroom and remove any material that is attached to the stem before slicing thinly and cooking for 5 to 10 minutes.

### **CONCLUSION**

The Milky Mushroom is a popular edible mushroom species that is cultivated for its delicious taste, nutritional value, and culinary versatility. Its creamy white to pale yellow cap and white gills and stem make it easy to distinguish. Milky mushrooms grow well in tropical and subtropical climates, and they are usually cultivated in controlled environments like mushroom houses. They have a firm, meaty texture and a mild, pleasant flavor, which makes them ideal for many different recipes. Milky Mushrooms are well-known for their nutritional benefits. They are delicious and can be added to many dishes. They are a good source of dietary fiber, protein, vitamins (like vitamin D and B-vitamins), and minerals (like phosphorus and potassium). Although milky mushrooms are mainly cultivated for food, they have also been used in traditional medicine for their potential medicinal properties, which can improve the immune system and overall well-being. When foraging for wild mushrooms, be careful because some species can be toxic or dangerous. For safe consumption, it is best to rely on expert identification or cultivated sources. Overall the Milky Mushroom is a worthwhile and enjoyable addition to culinary adventures, providing both nutrition and taste for those who enjoy its unique qualities.

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