

Finding #FunGuy at Sudwala



Hiking Trail at Sudwala Lodge

Recently, while somewhere lost along the Panorama Route, we stumbled across some very interesting fungi and thought you'd like to get to know more too!

Mushroom and fungus growth is prominent throughout South Africa with over 14 000 variations naturally occurring. While some are edible and delicious the majority are considered toxic. A very handy tip from Country Life SA is to test your shrooms before eating them by cooking them with a garlic clove – if the garlic clove remains white you can chow down! If not they're poisonous and you should throw them away.



Mushrooms on forest floor

Below you'll find a link to a mini print out which you can take on your next hike to see if you can identify some of the more common species of fungi in our area. Check along the trails for fallen or ill trees where mushrooms love to grow and hide. Make sure to bring the kids along for this one and let the hunt begin!

Funguy Spotting List

Please note that as Sudwala Lodge is situated in a conservation area. Foraging on the property is prohibited and the consumption of any wild fungus is not endorsed by the resort.

Links for more information

To forage: <https://www.countrylife.co.za/localflavours/foraging-for-fungi>

To grow your own: <http://lowveld.getitonline.co.za/2017/01/06/fancy-fungi/#.Wmg7P1SWaUk>

To see all fungal species in SA:

http://vmus.adu.org.za/vm_search.php?database=mushroommap&prj_acronym=MushroomMAP&db=mushroommap&URL=&Logo=images/mushroommap_logo.png&Headline=Atlas%20of%20South%20African%20Mushrooms&Use_main_filter=1&User_id=&Full_name=&serve_sp_list=1&drop_down_list=Latin%20names&assessment=0