

Wild mushrooms

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At the foot of Mount Dirfis, in Evia, mushroom growing units complete its lush landscape and vegetation. They are white constructions, with rows of mushrooms that help them grow as if they were in their natural environment, without fertilizers and noxious substances, keeping its pure aroma and taste. The species of mushrooms cultivated in the Diphora region are pleurotus ostreatus, pleurotus citrinopileatus, lentinula edodes or xianggu, pioppino and ganoderma lucidum. The pleurotus mushrooms are ideal for grilling or frying. Pleurotus citrinopileatus, first grown in the region of Greece, have a distinct sweet aroma. They also have very high nutritional value and are great if cooked in the pan, but also with white sauces and more. Shitake or lentinula have a strong taste reminiscent of wild mushroom. This kind of mushrooms is very aromatic and tastes good and it is usually added to sauces. They are considered medicinal mushrooms as they have been proven to boost the immune system, and lower cholesterol by contributing to the proper functioning of the heart. In addition they are known to increase energy and heal colds. The pioppino has a distinctive aroma and it is used to accompany various dishes. Lucidum is widely regarded as an anti-aging drug but is known for its general properties in contributing to good health, in combating stress, and boosting the immune system. It is usually used, in the form of dried pieces, for decoction or in alcoholic beverages. There are also truffle products, such as aromatic oil, slices of truffle in olive oil and salt flavored with truffle pieces, which give taste wherever they are added.

Overview

Country: Greece

