

Gucchi mushroom

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About Gucchi mushroom:

- It is a **species of fungus** in the family Morchellaceae of the Ascomycota.
- It is also known as **morel**.
- They are **pale yellow in colour** with large pits and ridges on the surface of the cap, raised on a large white stem.
- Ideal weather conditions for the great morel are **daytime temperature is between 15 and 20 Celsius** and night-time temperatures are in the five to nine.
- It cannot be cultivated commercially and **grow in conifer forests** across temperature regions, and the foothills in **Himachal Pradesh, Uttaranchal, and Jammu and Kashmir**.
- These mushrooms usually grow in clusters on logs of **decaying wood, leaves or humus soil**.
- They may or may not grow in the same spot the next season, which only makes the process of collection more tedious.
- It is known to be one of the **most expensive mushrooms**.

What are the health benefits?

- They are rich in **potassium, vitamins and copper**.
 - They are also a rich source of vitamin D apart from several B-vitamins.
 - It is further **rich in antioxidants** that prevent health issues including heart diseases and diabetes by removing reactive oxygen species that harm the body.
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Q1) What are Conifer forests?

Conifer forests, also known as taiga or boreal forests, are forest ecosystems dominated by coniferous trees. They are typically found in the northern hemisphere, primarily in subarctic and temperate regions. Conifer forests are characterized by their cold climates, long and severe winters, short summers, and acidic soils.

Source: [Impact of climate change on Kashmir's mushroom pickers](#)

Source: <https://vajiramandravi.com/current-affairs/gucchi-mushroom/>

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