

Project Update: November 2010

An ethno-mycological survey was carried out from September-October 2010 in ten villages in the Mount Cameroon region namely: Bokwango, Tole, Wotutu, Bova, Bokwai, Lysoka, Ekona, Bomana, Koto 1 and Ikata. This survey was carried out to investigate the knowledge of mushroom diversity in these communities and to document the mushrooms used as food, medicine, mythology and other ways. Community and focused group discussion as well as in-depth interviews and pictorial presentations were used. Participants were selected based on age, gender and the number of years spent in each community. Some of the key findings during this survey included:



1. The traditional name of mushrooms in this region is njojoh.
2. Some mushrooms used as food and medicine in this region were Etolo (*Pleurotus ostreatus*), Etuje etuje (*Flamulina* sp.), Lysolonde (*Termitomyces* sp.), Mumme (*Tuber* sp.), Mbatatu (*Ganoderma applanatum*), yomayangwa (*Dictomyces* sp.), Ewunde (*Lactarius* sp.) and Vefunde (*Auricularia* sp.). Other mushrooms identified by the communities included *Trametes versicolor*, *Dictomyces* sp., *Russula* sp., *Lactarius* sp., *Amanita* sp., *Lepotia* sp., *Chlorophyllum* sp., *Coprinus* sp., *Daldinia concentrica* and many unknown species.
3. Some mushrooms which are edible and medicinal such as etuje etuje, etolo and vefunde grow on specific trees such as nyonge nyonge, egwe egwe and ngwangu. These trees are under threat since they are logged for fuel wood and for timber.
4. There is a need for the conservation of habitats of these mushrooms used as food and as medicines in these regions.
5. Some mushrooms were also found to be used to calm down evil spirits (*Tuber* sp.), as a sign of good luck (Mueme), for decoration (mbatatu), to increase the haemoglobin level (Vefunde), etc.
6. Some common diseases that mushroom treats/cures in this region are: scars, convulsions, poisoning, headache, mums, epixosta, to treat children with evil spirits, navel and side pains, reduce cholesterol level and infertility amongst others.
7. The Bokwaongo community had more Indigenous knowledge of mushroom variations in around Mount Cameroon while wotutu community had less knowledge.

Conservation education is schedule to commence from January 2011.