

香港常見的
有毒菇類Common Poisonous Mushrooms
in Hong Kong

People in Hong Kong have recently showed increasing interest in searching for mushrooms in the wild or by the roadside. Most nature lovers are curious about the myriad shapes, sizes, colors and forms of mushrooms, while others are interested in edibility of mushrooms. Because mushrooms are pretty difficult to tell apart and the edibility of many mushrooms is still unknown, people should never try tasting any wild mushrooms collected themselves. This leaflet will illustrate the nine most common poisonous mushrooms and aim to help readers identify those morphological features, associated toxins and onset of mushroom poisoning symptoms.

最近，港人對於在野外或路旁尋找菇類的興趣漸增，大部分自然愛好者對菇類各異的形狀、大小、顏色及類型感到好奇，有些人士則對食用菇類更加熱衷。因菇類辨認絕非易事，而許多菇類的食用價值仍然不明，因此應避免試嚐任何自行採摘的野生菇菌。此單張將介紹九種最常見的毒菇品種，旨在幫助讀者辨識其外觀特徵、所含毒素及食用後的發病症狀。

觀賞菇類應注意的事項：
Things to remember for appreciating mushrooms:

- 切勿在郊野公園或野外採摘菇類進食。因為菇類品種繁多，外觀特徵容易混淆，而且大部分菇菌品種的食用價值不明。
Do not eat mushrooms picked from country parks or natural environments. Mushroom species are extremely diverse, and their morphology is always ambiguous and the edibility is largely unknown.
- 切勿進食路邊種植範圍或市區公園採摘的菇菌。因為這些地方的土壤可能含有重金屬、有毒污染物或殺蟲劑，使這些野菇受到污染。
Do not eat mushrooms from roadside planting areas or urban parks since planting soil may be contaminated with heavy metals, poisonous pollutants or pesticides.
- 不要根據坊間傳聞（如僅靠簡單的測試或外觀顏色）辨別該菇類是否可供食用。因為致命毒菇的顏色往往是平平無奇的白色、黃褐色或褐色。
Do not trust any folklore, such as simple tests or colors, for edibility. The deadly poisonous mushrooms are unremarkably white, yellow-brown or brown.
- 切勿進食任何未經徹底煮熟的菇類（包括在野外採摘及市場購買的）。未經煮熟的菇類內可含有一些引致身體不適的化學物質，如聯氨類。
Do not eat raw mushrooms picked from the wild and in supermarket. Some chemical compounds in raw mushrooms, such as hydrazines, may make you sick.
- 許多同時具有膜質菌環、大型菌托或菌蓋覆有鱗片或疣點的菇類都有毒。
Many mushrooms that have combined features of a membranous ring or large volva on the stalk, scales or warts on the surface of the cap are poisonous.
- 在野外觸摸任何菇類後，應徹底清潔雙手。
Wash your hands thoroughly after touching any mushrooms in the wild.
- 如進食菇類後身體不適，應盡快求醫，並建議患者在求診時帶上未經烹煮的菇菌樣本。
If you experience symptoms of poisoning, consult a doctor or go to a hospital immediately. Take the uncooked mushrooms with you and give them to your doctor.

純黃白鬼傘

Leucocoprinus birnbaumii (Corda) Singer
Flowerpot Parasol

分類 Classification :

蘑菇科，蘑菇目，擔子菌門
Agaricaceae, Agaricales, Basidiomycota

生境 Habitat :

散生至群生於落葉、花盆或路旁花槽的泥土上
Scattered to numerous on leaf litter or soil of potted plant or roadside planter



辨認特徵：菌蓋檸檬黃色，闊3–5厘米，初期鐘形，後呈圓錐形至近平展，中央臍突形，表面帶有鱗片或被有粉末，邊緣具條紋。菌褶密，離生，薄，奶黃色。菌肉薄，黃色。菌柄檸檬黃色，長3–10厘米×粗1–5毫米，修長但基部稍為膨大，平滑或覆有粉末，菌環易碎，黃色，生於菌柄上部。孢子透明，光滑，橢圓形，長8–13微米×寬5.5–8微米，厚壁，頂端有孔。

臨床特徵：此種菇類含有多種腸胃刺激物。病人通常於進食後的6小時內出現腸胃炎型症狀，症狀類似典型的食物中毒，例如腹痛、噁心、嘔吐和腹瀉等。病人通常於數小時至數天內快速復原。

Identification features: Cap is lemon-yellow, 3–5 cm broad, bell-shaped, becoming conical to nearly flat with central knob, with scales or even powder on surface and striated margin. Gill is free, crowded, thin, yellowish cream. Flesh is yellow and thin. Stem is lemon-yellow, 3–10 cm long × 1–5 mm thick, slender, slightly enlarged at the base, smooth or powdery, with a fragile, collar-like yellow ring on upper stalk that often disappears. Spores are hyaline, smooth; elliptical, 8–13 µm long × 5.5–8 µm wide, thick-walled, with a small apical pore.

Clinical features: This mushroom contains different kinds of gastrointestinal irritants. Onset of gastrointestinal symptoms is usually in less than 6 hours. The patient presents with a typical food poisoning syndrome such as abdominal pain, nausea, vomiting and diarrhea. Recovery is fairly fast and complete, usually from a few hours to several days.

黃硬皮馬勃

Scleroderma flavidum Ellis & Everh.
Yellow Earthball

分類 Classification :

硬皮馬勃科，牛肝菌目，擔子菌門
Sclerodermataceae, Boletales, Basidiomycota

生境 Habitat :

單生、散生或群生於土壤表面
Solitary, scattered or in group on soil



辨認特徵：子實體黃黃色至污黃色，闊2–10厘米，球狀至近球狀，由繩索狀菌絲附著到基質上，外層厚實堅硬，略為覆有鱗片及不規則地裂開。孢體初時呈紫黑色，隨成熟變粉未狀。孢子深褐色，表面有刺，球狀，直徑7–10微米。

臨床特徵：此種菇類含有多種胃腸道刺激物。腸胃炎型症狀通常於進食後的6小時內出現。患者一般會出現腸痛、噁心、全身刺痛、痙攣和肌肉僵硬等。病人通常於數小時至數天內快速復原。

Identification features: Fruiting body is yellow to dirty yellow, 2–10 cm broad, globose to subglobose, attached to the substrate by cord-like mycelial threads, with a thick and tough outer layer, coarsely scaly and breaking open irregularly. Gleba purplish-black at first and becoming powdery when mature. Spores are dark brown, covered with spines, globose, 7–10 µm in diameter.

Clinical features: This mushroom contains different kinds of gastrointestinal irritants. Onset of gastrointestinal symptoms is usually in less than 6 hours. Symptoms may include abdominal pain, nausea, generalized tingling sensation, marked spasms and rigidity. Recovery is fairly fast, usually from a few hours to several days.

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淡黃竹蓀 *Phallus luteus* (Liou & L. Hwang) T. Kasuya
Yellowish Stinkhorn

分類 Classification :

鬼筆科，鬼筆目，擔子菌門
Phallaceae, Phallales, Basidiomycota

生境 Habitat :

單生於地上，樹木或竹子下的腐殖質，特別是在剛竹屬、櫟屬或錐栗屬下
Solitary on the ground or humus under trees or bamboo, especially under *Phyllostachys* spp., *Quercus* spp. or *Castanopsis* spp.

辨認特徵：子實體初時以淡粉紅色或紫紅色蛋狀出現，闊3–6厘米，近球形或卵形，外層之後破裂，釋放菌蓋、海綿狀菌柄和一個大型的網狀菌裙（外菌膜）。菌蓋圓錐形，覆有隆起的網格，外層佈滿有臭味的深橄欖綠色的孢子液以吸引蒼蠅，頂端白色，中央有一圓孔。外菌膜黃色至橙黃色，裙狀，網格多邊形至圓形，在菌蓋邊緣展開，乾燥時脆弱。菌柄長7–22厘米×粗15–25毫米，海綿狀，中空，表面有多邊形坑狀網紋，白色、奶黃色至淡黃色，基部有粉紅色至淡紅色包被。孢子無色，光滑，闊橢圓形至圓柱形，長3–4微米×寬1.5–2微米，薄壁，基部常短截。

臨床特徵：此種菇類含有多種腸胃刺激物。病人通常於進食後的6小時內出現腸胃炎型症狀，症狀類似典型的食物中毒，例如腹痛、噁心、嘔吐和腹瀉等。病人通常於數小時至數天內快速復原。

Identification features: Fruiting body begins with a pale pink or reddish purple egg, 3–6 cm wide, subglobose to ovoid, later rupturing to release a cap, the spongy stem and a large net-like skirt (veil). Cap is conical, covered by a mesh of raised ribs coated in dark olive slime containing the spores that attracts flies by fetid odor, with a whitish disc and central hole at the top. Veil is yellow to yellowish-orange, skirt-like, meshes are polygonal to rounded, unfurled under the cap margin, fragile when dried. Stem is 7–22 cm long × 15–25 mm thick, spongy, hollow, surface reticulate with polygonal depressions, white, cream to pale yellow, with pink to reddish peridium at the base. Spores are hyaline, smooth, broadly ellipsoid to cylindrical, 3–4 µm long × 1.5–2 µm wide, thin-walled, often truncate at base.

Clinical features: This mushroom contains different kinds of gastrointestinal irritants. Onset of gastrointestinal symptoms is usually in less than 6 hours. The patient presents with a typical food poisoning syndrome such as abdominal pain, nausea, vomiting and diarrhea. Recovery is fairly fast and complete, usually from a few hours to several days.



致命白鵝膏

Amanita exitialis Zhu L. Yang & T.H. Li
Guangzhou Destroying Angel

分類 Classification：

鵝膏科，蘑菇目，擔子菌門
Amanitaceae, Agaricales, Basidiomycota

生境 Habitat：

散生或群生於闊葉樹下的土壤表面
Scattered or in group on soil under broadleaf tree



辨認特徵：菌蓋白色，闊4–7厘米，凸面至近平展，有時奶油色的中央會輕微下陷，平滑，邊緣不具長條紋。菌褶密，離生，淡白色。菌柄淡白色，平滑，有時帶有細小的纖維質鱗片，長7–9厘米×粗5–10毫米，近圓柱形或稍為向上逐漸變細。基部近球狀，寬1–2厘米。菌托薄，膜質，邊界分明，可達7毫米高，兩面白色。菌環膜質，白色，生於菌柄上部，持續或短暫存在。孢子無色，光滑，球狀，長9.5–12微米×寬9–11.5微米，薄壁。

臨床特徵：此種菇類含有著名的鵝膏毒素。中毒症狀分三階段出現。初期—誤食6至24小時後會出現腸胃炎症狀，症狀包括口乾、噁心、嘔吐、腹部劇痛、腹瀉（通常便中帶血及黏液）等。中期—約24小時後，這些症狀會暫時緩解，進入2-4天的「假痊癒期」。後期—患者會進入最嚴重的中毒階段，肝及腎臟出現衰竭現象，若不處理，患者可能在7-10天內死亡。



假褐雲斑鵝膏 *Amanita pseudoporphyria* Hongo's False Death Cap

分類 Classification：

鵝膏科，蘑菇目，擔子菌門
Amanitaceae, Agaricales, Basidiomycota

生境 Habitat：

散生或群生於闊葉樹下的土壤表面
Scattered or in group on soil under broadleaf tree

辨認特徵：菌蓋淡灰色至灰褐色，闊4–12厘米，上部凸起至近平展，中央部分顏色較深，被有纖毛，無毛或附有少許污白色的膜質殘餘物，邊緣平滑，常有殘餘物懸掛在邊緣。菌褶密，離生，薄及白色。菌肉白色及薄。菌柄白色，長8–13厘米×粗5–20毫米，基部稍為膨大，被白色纖毛狀及粉末狀鱗片覆蓋。菌托薄，膜質，邊界分明，可達5毫米高，外表面白色至污白色，內表面白色。菌環生於菌柄頂部至近上部，白色，易碎，持續或短暫存在。孢子無色，光滑，橢圓形至橢圓形，長(6.0–) 7.0–9.0 (–10.5)微米×寬(4.5–) 5.0–6.5 (–7.5)微米，薄壁。

臨床特徵：此種菇類含有正白胺酸毒素。病人於進食後最少12小時後出現腸胃炎型症狀。有時，發病時間可延遲至數日以至數週。發病後期出現尿頻、劇渴、面部浮腫、及急性腎功能衰竭。



Identification features: Cap is white, 4–7 cm broad, convex to nearly flat, sometimes slightly depressed at the center with creamy color, smooth and margin is non-striate. Gill is free, crowded and whitish. Stem is whitish, smooth, sometimes with fibrous small scales, 7–9 cm long × 5–10 mm thick, roughly cylindrical or slightly tapering upward. Bulb is roughly spherical and 1–2 cm wide. Volva is thin, membranous, with distinct edge, up to 7 mm in height, and both surfaces are white. Ring is membranous, white, on upper stalk, persistent or fugacious. Spores are hyaline, smooth, spherical, 9.5–12 μm long × 9–11.5 μm wide, thin-walled.

Clinical features: This mushroom contains the famous Amatoxins. Poisoning symptoms occur in three distinct stages. Onset of gastrointestinal symptoms is usually 6 to 24 hours after ingestion. Symptoms include: dry mouth, nausea, vomiting, sharp abdominal pains, diarrhea (often with blood and mucus), etc. After about 24 hours, these symptoms may be followed by a period of false recovery lasting for 2–4 days. This will be followed by the most serious stage of intoxication, with evidence of liver and kidney failure. This may lead to death in 7–10 days if left untreated.

綠褶菇

Chlorophyllum molybdites (G. Mey.) Masseé
Green-gilled Parasol

分類 Classification：

蘑菇科，蘑菇目，擔子菌門
Agaricaceae, Agaricales, Basidiomycota

生境 Habitat：

單生、散生、群生或形成蘑菇圈於草地或草坪表面
Solitary, scattered, gregarious or in rings on grass or lawn



辨認特徵：菌蓋白色、古銅色或黃白色，柔軟，闊10–30厘米，初期半球狀，隨成熟變為闊圓錐狀，甚至扁平，中部常密佈褐色鱗片。菌褶離生，幼時呈白色，後呈灰色至深綠色。菌肉白色，受傷處呈黃褐色，向基部漸變為淡褐色。菌柄白色，略帶褐色，表面光滑，堅實，基部略為膨脹，具可移動雙層大菌環。孢子綠色，橢圓形，光滑，長8–13微米×寬6.5–9微米。

臨床特徵：此種菇類含有多種腸胃刺激物。病人通常於進食後的6小時內出現腸胃炎型症狀，症狀類似典型的食物中毒，例如腹痛、噁心、嘔吐和腹瀉等。病人通常於數小時至數天內快速復原。



晶粒鬼傘 *Coprinellus micaceus* (Bull.) Fr. Glistening Inky Cap

分類 Classification：

小脆柄菇科，蘑菇目，擔子菌門
Psathyrellaceae, Agaricales, Basidiomycota

生境 Habitat：

樹樁周圍或闊葉樹林或木片覆蓋物上大量群生
Gregarious around stumps or logs of broadleaf trees or woodchip mulch

Identification features: Cap is yellow-brown or tan, often with a darker center, 1–2.5 cm broad, oval to cylindrical, but expands to become bell-shaped, surface is covered with white or whitish shiny particles when young, but the particles are easily washed away in age, the margin is prominently grooved almost all the way to the center. As the mushroom grows older, the grooves split open from the bottom and eventually melt into inky liquid and spores discharged. Gill is free, crowded, initially white in color, becoming dark brown and eventually black. Stem is 4–10 cm long and 2–5 mm thick, more or less equal throughout the length, hollow, smooth or powdery. Spores are reddish brown, oval or almond-shaped, 7–10 μm long × 4.5–6 μm wide.

Clinical features: This mushroom contains some amino acid derivative such as coprine, which interferes with the body's alcohol metabolism. This toxic effect takes place only in the presence of alcohol and onset of symptoms is usually within 30 minutes and lasts about 2 hours. A recurrence may be experienced if alcohol is taken again within the next few days. Major symptoms may include flushed face and neck, chest pains, sweating, rapid heartbeat, low blood pressure, feeling of swelling in hands and feet, metallic taste in the mouth, nausea, vomiting, visual disturbance and dizziness.

綠褐裸傘

Gymnopilus aeruginosus (Peck) Singer
Magic Blue Gym

分類 Classification：

球蓋菇科，蘑菇目，擔子菌門
Strophariaceae, Agaricales, Basidiomycota

生境 Habitat：

樹樁或木片覆蓋物上大量群生或叢生
Gregarious to caespitose on stumps and woodchip mulch



辨認特徵：菌蓋初時暗藍綠色、黃色、鮭肉色及紅色，隨年齡增長變為暗黃色或暗黃帶粉紅色，鱗片淡紅色至深褐色。菌褶彎生至直生，或稍延生，密，暗黃色至橙黃色或土黃色。菌肉淡白色或略帶藍色。菌柄長2–3厘米×粗2–7毫米，綠褐色，光滑或生有纖毛及乾燥。孢子鏽色，具疣點，橢圓形，長6–9微米×寬3.5–4.5微米。

臨床特徵：此種菇類含有裸蓋菇鹼和其他不明的神經毒素，令食用者出現幻覺。中毒症狀通常於進食後的1小時內出現。初期症狀包括嗜睡、頭痛、感覺麻木、肌肉無力、噁心、腹痛及瞳孔散大等。隨後，患者出現視覺影響和視象扭曲、無法控制地笑及出現幻覺。大約1–2個小時後，幻覺效果增強，包括視覺和時間感錯亂。大約2–4個小時後，症狀會逐漸減弱，但少數人可能仍會感到頭痛或疲勞。



裂絲蓋傘 *Inocybe rimosa* (Bull.) P. Kumm. Cracked Inocybe

分類 Classification：

絲蓋傘科，蘑菇目，擔子菌門
Inocybaceae, Agaricales, Basidiomycota

生境 Habitat：

散生或群生於闊葉樹下的土壤表面
Scattered or in group on soil under broadleaf tree

Identification features: Cap is straw-yellow to yellowish-brown, 2–10 cm broad, conical or bell-shaped with prominent umbo, covered with silky fibers and becoming radially separated. Gills are adnexed or adnate, yellowish and becoming brownish in maturity. Flesh is white. Stem is 3–10 cm long × 4–12 mm thick, white at apex, pale buff below and slightly enlarged at the base. Spores are walnut-brown, smooth, bean-shaped, 9–12 μm long × 4.5–7 μm wide.

Clinical features: This mushroom contains the toxin muscarine. Onset of muscarine symptoms is usually rather short, from 30 minutes to 2 hours after ingestion. Symptoms may include perspiration, salivation, and lacrimation (PSL syndrome). Sometimes, symptoms may include a combination of salivation, lacrimation, urination, defecation, gastrointestinal distress and emesis (SLUDGE syndrome). A number of other manifestations may also be associated: blurred vision with constricted pupils, dizziness due to a fall in blood pressure and a decidedly slow pulse rate. A mortality rate of about 5% has been estimated