Current Research in Agricultural Sciences

2018 Vol. 5, No. 1, pp. 15-22 ISSN(e): 2312-6418 ISSN(p): 2313-3716 DOI: 10.18488/journal.68.2018.51.15.22 © 2018 Conscientia Beam. All Rights Reserved.

EFFECT OF SUBSTRATES ON NUTRITIONAL COMPOSITION AND FUNCTIONAL PROPERTIES OF *PLEUROTUS OSTREATUS*

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ABSTRACT

Article History Received: 27 April 2018

Revised: 8 May 2018 Accepted: 15 May 2018 Published: 31 May 2018

Keywords White-rot fungi Nutritional properties Biological productivity Efficiency Substrates Yield. *Pleurotus* species, commonly known as oyster mushrooms, are edible fungi cultivated worldwide. *Pleurotus* genus is one of most extensively studied white-rot fungi due to its exceptional ligninolytic properties. These mushrooms have the ability to colonize and degrade a wide variety of lingo-cellulosic wastes with relatively short cycle. The objective of this study was to review published research works on the effect of substrates on nutritional composition and functional property of *Pleurotus ostreatus*. A literature search was done on the internet and university libraries in this area. It was found that different substrates used in cultivating mushrooms do have effect on the functional, organoleptic and nutritional properties of mushrooms. This review presents a practical checklist of effect of substrates on quality of *Pleurotus ostreatus* that may help different users.

Contribution/Originality: This study is one of very few studies which have investigated the effect of type of substrate on nutritional composition and functional property of *Pleurotus ostreatus*.

1. INTRODUCTION

Pleurotus species, commonly known as oyster mushrooms, are edible fungi cultivated worldwide especially in South East Asia, India, Europe and Africa [1]. China produces 64 % of all edible mushrooms in the world and 85% of all oyster mushrooms all over the world (*Pleurotus spp.*) is also produced in China [2]. Oyster mushrooms is the third largest [3] commercially produced mushroom in the world; however, Sánchez [4] reported that *P. ostreatus* is the second largest next to *Agaricus bisporus* in the world market. It consists of a number of different species including *Pleurotus ostreatus*, *P. sajor-caju*, *P. cystidiosus*, *P. cornucopiae*, *P. pulmonarius*, *P. tuberregium*, *P. sapidus*, *P. citrinopileatus* and *P. flabellatus*, which have been cultivated in temperate and subtropical regions of the world.

Oysters are naturally found on rotten wood material. The growing and consumption interest of oyster mushroom is increasing largely due to its taste, medicinal and nutritional properties [5]. *P. ostreatus* demands few environmental controls, and their fruiting bodies are not often attacked by diseases and pests, and they can be cultivated in a simple and cheap way. All this makes *P. ostreatus* cultivation an excellent alternative for production of mushrooms when compared to other mushrooms. Therefore, it is better for unskilled farmers

than other mushrooms. Mushroom cultivation provides an alternative employment and it contributes to food security to rural disadvantaged groups [6]. These mushrooms have the ability to colonize and degrade a wide variety of lignocellulosic wastes with relatively short cycle [7-15].

Agro-industrial waste is produced in huge amounts, and it becomes an interesting substrate, due its commercial exploitation as well as associated environmental problems [16, 17]. Many studies have been conducted to test the ability of *Pleurotus* to grow on different agro wastes, such as cassava peels, cotton seed hulls, coffee husks, wheat straw, barely straw, saw dust and sinar straw [4, 18, 19] tomato tuff [20] fruit pulp and peel, coffee pulp, sugarcane residues [21-23]. These by-products are left to rot in the field or are disposed of through burning. These residues associated with mycelium also have a great potential for use as fodder animal and as fertilizer in agriculture [24, 25]. The objective of this study was to review published research works on the effect of substrates on nutritional composition and functional property of *Pleurotus ostreatus*.

2. MICRO NUTRIENTS CONTENT OF PLEUROTUS OSTREATUS

The fructifications of mushrooms are characterized by a high level of well assimilable mineral constituents whose level depends amongs other things, on the species and the age of the mushroom, the diameter of the pilei and the substrate [26, 27]. The distribution of these substances in the fructification varies and their content is usually greater in the pileus than in the stipe [28]. The pilei of *Pleurotus osteatus* have greater contents of copper, iron, potassium, magnesium, phosphorus and zinc, and the stipes of sodium [29] (Table 1).

2.1. Phosphorus

Phosphorus and calcium are minerals more represented in the body. In fact, 80% of phosphorus are associated with calcium to form bones and teeth. The rest of 20% is in the blood and soft tissues. This mineral could be assimilated by the body trough nutrition. In a study; Victor and Olatomiwa [30] showed that Phosphorus was the most abundant mineral element in the cultivated mushroom samples. The value ranges between 51.97 mg/100g to 56.77mg/100g. Ogundele, et al. [31] reported in a study that phosphorus have a value range to (10.36 and 10.09 mg/100 g) for mushroom harvested from hardwood (*Anogeissus leiocarpus*) sawdust and softwood (*Daniellia oliveri*) sawdust respectively. Tamiris, et al. [32] also reported that in *P. ostreatoroseus* mushrooms the macrominerals K and P were significant while Mg and Ca were determined in minor amounts.

2.2. Potassium

In an earlier study, phosphorus and potassium were reported as the most abundant mineral elements in *P. sajor-caju* fruit bodies cultivated on corncobs. It was also reported potassium as the most concentrated mineral element in various species of edible mushrooms Oyetayo [33]; Manzi, et al. [8]. Ogundele, et al. [31] reported in a study that potassium have the highest value (22.81 mg/100 g and 21.90 mg/100 g) for mushroom harvested from hardwood (*Anogeissus leiocarpus*) sawdust and softwood (*Daniellia oliveri*) sawdust respectively. This result was similar to the report of Alananbeh et al., in Ananbeh and Almomany [20] who reported that highest value for potassium was obtained from *Pleurotus ostreatus* harvested from four different substrates. Potassium was reported to be essential for several enzymatic reactions in food, and the quantity in *Pleurotus ostreatus* makes it good food for people suffering from hypertension and heart diseases.

2.3. Calcium

Ogundele, et al. [31] have reported that calcium have a value range to 3.51 and 3.42 mg/100 g for mushroom harvested from hardwood (*Anogeissus leiocarpus*) sawdust and softwood (*Daniellia oliveri*) sawdust respectively. Victor and Olatomiwa [30] reported that *Pleurotus ostreatus* harvested from Pycnanthus Ongoleubis, Ceiba Pentandra and Cananium sp. of Wood type recorded 8.87; 5.37 and 6.85 mg/100g respectively.

2.4. Sodium

For mushroom harvested from hardwood (*Anogeissus leiocarpus*) sawdust and softwood (*Daniellia oliveri*) sawdust respectively, Ogundele, et al. [31] show that sodium have a value range to 3.51 and 3.00 mg/100 g. Comparatively, *Pleurotus* ostreatus harvested from cupuaçu exocarp supplemented with rice bran recorded 30.85 g/kg.

2.6. Magnesium

According to Victor and Olatomiwa [30] the least mineral values were recorded from Magnesium. About 1.25 mg/100g was obtained from the *Pleurotus ostreatus* harvested from hardwood (*Anogeissus* leiocarpus) sawdust while 1.04 mg/100g was obtained from softwood (Daniellia oliveri) sawdust. However, Debu, et al. [34] reported that the highest and the lowest (13.31) milligram percentage of magnesium was observed on *Swietenia mahagoni* and *ficus carica* sawdust substrates respectively.

2.7. Zinc

Pleurotus ostreatus harvested from hardwood (Anogeissus leiocarpus) sawdust recorded 0.96 mg/100 g of zinc as well as softwood (Daniellia oliveri) sawdust Ogundele, et al. [31]. Oyetayo [33] also reported that in *P. ostreatoroseus* mushrooms, among the trace elements, Zn and Fe had the highest concentrations and Na, Mn and Cu were present in small quantities.

Sawdust Substrate (%)	Calcium (mg/100g)	Sodium %	Potassium %	Phosphorus %	Magnesium %	Zinc %	References	
Pycnanthus Ongoleubis	8.87	4.39	11.34	56.77	3.57			
Ceiba Pentandra	5.37	4.03	9.42	51.97	1.69		[30]	
Cananium sp.	6.85	4.11	10.33	53.24	2.22			
Softwood sawdust	3.42	3.00	21.90	10.09	1.04 0.95		5017	
Hardwood sawdust	3.51	3.51	22.81	10.36	1.25	0.96		
cupuaçu exocarp supplemented with rice bran. g/kg	0.21	30.85	24.19	10.39	1.46		[32]	
Fig tree	27.33		1.18	0.88	13.31			
Rain Tree	30.69		1.26	0.77	18.02			
Mahogany tree	31.98		1.27	0.79	19.85		5017	
Ipil ipil tree	31.92		1.28	0.85	14.35 17.26			
Eucalyptus tree	31.47		1.16	0.87				
Mixture of sawdust	31.25		1.13	0.91	15.23			

Table-1. Micro nutrients content of Pleurotus ostreatus harvested from different sawdust substrates

Source: [30-32, 34]

3. MACRO NUTRIENT CONTENT OF PLEUROTUS OSTREATUS

The chemical composition of mushrooms determines their nutritional values. It differs according to species but also depend among others thing include included substratum. In fact, mushrooms can supply nutritive constituents important in the human nutrition; such as dietary fibre; protein, carbohydrate etc...

3.1. Protein Content

Protein content mushrooms is constituted of more than half of total nitrogen and depends on several factors among which the composition of substrate. This content varies between 0,8 and 3,5 g/100g of fresh matter [35] or between 19,0 and 39,0 g/100g dry matter Coskuner and Ozdemir [36]. Victor and Olatomiwa [30] reported that the protein composition of the *Pleurotus* samples produced on *Pycnanthus Ongoleubis, Ceiba pentandra, Cananium sp.*

sawdusts ranges between 20.03 to 20.11%. These results are in the same line as Bonatti, et al. [24] who produced *Pleurotus ostreatus* on cotton waste. Comparatively, Ogundele, et al. [31] showed that the protein content of the mushroom harvested from the hardwood sawdust (*Anogeissus leiocarpus*) was higher (26.67% db) than that harvested from softwood sawdust (17.68% db). On the other hand, *Pleurotus* cultivated on rice bran, Pineapple crown, cupuaçu exocarp, pineapple peel, açai seed and sawdust substrates presented 17.37%, 16.14%, 12.42%, 7.99%, 7.85%, 5.44%, of protein contents respectively [33]. On cottonseed waste, the results of crude protein obtained were 25.91%, which are in the range reported by Rashad, et al. [37]. Akindahunsi and Oyetayo [38] also reported 28.52% of crude protein for fresh P. ostreatus.

3.2. Crude Fibre Content

Studies carried out by different authors showed that crude fibre content depends on the substrate on which *Pleurotus* is produced. Specifically, they obtained 18.50%, 17.51%, 12,79% 10.66%, and 9.59% respectively cultivated on cottonseed wastes [24] cupuaçu exocarp supplemented with rice bran [33] *Pycnanthus ongoleubi* and *Ceiba pentandra* [30] softwood sawdust (*Daniellia oliveri* %) and hardwood sawdust (*Anogeissus leiocarpus*) [31]. From these results, we can notice that the highest crude fibre content is obtained with *Pleurotus* cultivated on cottonseed wastes and the lowest on hardwood.

3.3. Fat Content

Oyster mushroom has been reported to have low fat [8, 39]. This is confirmed with the report of Victor and Olatomiwa [30] whose obtain fat content (2.31% to 3.09%) cultivated on *Ceiba pentandra* and *Pycnanthus ongoleubis* respectively. The crude fat content of mushroom from hardwood sawdust (*Anogeissus leiocarpus*) were lower 1.72 % db compare to mushroom harvested from softwood sawdust (*Daniellia oliveri*) (1.81%) [31]. With rice bran substrate, fat contents was 3.8% [32]. To conclude, *Pleurotus* cultivated on hardwood sawdust (*Anogeissus leiocarpus*) had the lowest fat content (1.72%)

3.4. Carbohydrate Content

On a dry basis, constitutive of the fungus, the carbohydrate content was higher in *Pleurotus ostreatus* grown on acai seeds (85.69%), cupuaçu exocarp (71.09%) and pineapple skin. (67.96%). This content is relatively lower in *Pleurotus* grown on cotton waste (48.35%), on Pycnanthus ongoleubis (45.75%) and on Ceiba pentandra and Cananium sp (41.87% and 44.56% respectively) [30]. These latter results are similar to the report by Ragunathan and Swaminathan [22] that the carbohydrate content of *Pleurotus ostreatus* is between 40.60 and 53.30%. Also, the carbohydrate content of sawdust fungi (Anogeissus leiocarpus) was 41.57% lower than that of softwood sawdust (Daniellia oliveri) (52.04% db) [31].

3.5. Amino Acid Composition

The most abundant amino acids reported by Victor and Olatomiwa [30] are glutamic acid, arginine, aspartic acid, threonine, leucine and alanine. Chirinang and Intarapichet [39] previously reported that these amino acids were more abundant in *P. ostreatus* and *P. sajor-caju*. However, glutamic acid (9.01 g / 100 g at 10.3 g / 100 g) was more abundant in *P. ostreatus* grown on a woody substrate. These results are consistent with the work of Mendez, et al. [40] who worked on the same types of substrate. Bender [41] reports that *P. ostreatoroseus* contains eight essential amino acids. In *P. ostreatoroseus* DPUA 1720, the most abundant were valine, lysine and leucine ranging from 1.134 to 1.304 g / 100 g. The content of glutamate and aspartate (non-essential amino acids) was 3.592 and 2.061 g / 100 g. However, the amino acid concentration of *Flammulina velutipes* and *P. ostreatus* grown in wheat, cotton, and soybean was lower [42, 43].

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Substrate (%)		Protein	Carbohydrate	Fat	Amino acid	Crude fibre	References
Pycnanthus Ongoleubis		20.11	45.74	3.09	42.30	17.51	
Ceiba Pentandra		20.03	41.8	2.31	40.56	17.35	[30]
Cananium sp.		20.06	45.74	2.76	35.97	17.42	
Softwood sawdust		17.68	52.04	1.81		10.66	F017
Hardwood sawdust		26.67	41.57	1.72		11.05	
Cupuaçu exocarp supplemented with rice bran.		23.53	46.98	3.08	20.27	12.79	[32]
Cotton seed waste		25.91	42.14	2.18		10.41	[44]
sawdust substrates	Fig tree	25.35	40.19	4.46		18.96	[34]
	Rain Tree	26.24	41.26	4.25		19.25	
	Mahogany tree	26.73	42.36	3.75		17.13	
	Ipil ipil tree	27.30	40.23	3.67		20.30	
	Eucalyptus tree	26.83	40.23	3.43		20.53	
	mixture of all sawdust	26.46	39.67	3.47		17.37	

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Source: [30-32, 34, 44]

4. FUNCTIONAL PROPERTY

4.1. Moisture Content

Water is one of the main components of mushroom. Chang and Miles [45] had reported that the moisture content of dried mushrooms range from 9 - 13%. These results are confirmed by Victor and Olatomiwa [30] who obtain moisture content of dried Pleurotus ostreatus ranges from 9.00% to 10.72%. The moisture content of Pleurotus ostreatus harvested from hardwood sawdust (Anogeissus leiocarpus) [32] was higher (8.93% db) than that harvested from softwood sawdust (Daniellia oliveri) (7.88% db) Ogundele, et al. [31]. On cottonseed waste the moisture content was 8.45%, which is in the range of report of Manzi, et al. [8] for the fruiting bodies of fresh P.ostreatus cultivated on different lignocellulosic agro-wastes. Similar results were also reported by Patil, et al. [46].

4.2. Ash Content

According to Ogundele, et al. [31] there was no significant difference at p < 0.05 in values of ash content of mushroom harvested from the substrates. Although, in an early studies, Tamiris, et al. [32] observe significant difference in values of ash content: 9.14, 4.53, 3.96 and 3.45% in rice bran, cupuaçu exocarp, pineapple crown and pineapple peel, respectively.

Table-3. Macro nutrient content of <i>Pleurotus ostreatus</i> harvested from differents substrates								
Substrate (%	ó)	ASH	MOISTURE	References				
Pycnanthus ongoleubis		4.75	9.25					
Čeiba pentandra		8.19	10.72					
Cananium sp.		6.76	2.22					
Softwood sawdust		9.59	7.88	[31]				
Hardwood sawdust		9.83	8.93					
Cupuaçu exocarp supplemented with rice bran.		6.49	7.15	[32]				
cottonseed	waste	10.91 ± 1.22	8.45 ± 1.65	[44]				
sawdust substrates	Fig tree	11.0	89.47					
	Rain Tree	9.0	90.13					
	Mahogany tree	10.0	89.97					
	Ipil ipil tree	8.5	90.13	[34]				
	Eucalyptus tree	9.0	90.17					
	mixture of all sawdust	13.0	90.20					

Source: [30-32, 44]

5. CONCLUSION

This study observed that there is variation in proximate composition of the *Pleurotus ostreatus* grown and harvested from different substrates, which could be attributed to the nutritional composition of the substrate where these were cultivated.

Funding: This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.
Competing Interests: The authors declare that they have no competing interests.
Contributors (Astropuladorement: All outhors contributed coupling to the conception and decign of the contributors).

Contributors/Acknowledgement: All authors contributed equally to the conception and design of the study.

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Current Research in Agricultural Sciences, 2018, 5(1): 15-22

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