

Idaho District Health Departments

Idaho Department of Health & Welfare

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Visit our website to obtain more information about the Food Protection Program and to access some of our resources.

www.foodsafety.idaho.gov

Panhandle

8500 N. Atlas Rd.
Hayden, ID 83835
208-415-5100

North Central

215 Tenth St.
Lewiston, ID 83501
208-799-3100

Southwest

920 Main St.
Caldwell, ID 83605
208-455-5300

Central

707 N. Armstrong Place
Boise, ID 83704
208-327-7499

South Central

1020 Washington St. North
Twin Falls, ID 83301
208-734-5900

Southeastern

1901 Alvin Ricken
Pocatello, ID 83201
208-233-9080

Eastern Idaho

1250 Hollipark Drive
Idaho Falls, ID 86401
208-522-0310



A Guide for Identifying and Purchasing

Wild Mushrooms



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Mushroom Identification and Sale

Wild Mushrooms in Idaho

When Purchasing Wild Mushrooms...



"There are old mushroom hunters and there are bold mushroom hunters, but there are no old, bold mushroom hunters", Klingensmith

Idaho wild mushrooms are a delectable delight for both the individual consumer and the food establishment that purchase them from people who harvest them in the wild. But care must be taken in harvesting wild mushrooms, for not all are safe for eating. Also, even for the edible mushrooms, care must be taken in proper storage and handling to ensure their safety.



Morchella esculenta
Morel



Cantharellus cibarius
Chanterelle



Gyromitra esculenta
False Morel

Some mushrooms can cause severe gastrointestinal illness- even if it is a "safe" mushroom. Amatoxins, produced by some mushrooms, are heat-stable and, therefore; not destroyed by cooking or drying.

Small children, older adults (over 65 years of age), and people with existing medical conditions are most vulnerable to the various toxins produced by mushrooms.

Symptoms of mushroom poisoning include:

- Amnesia
- Fatigue
- Dizziness
- Severe headache
- Severe abdominal distress
- Vomiting
- Loss of consciousness
- Liver failure
- Kidney failure

Symptoms can be delayed a day or more after ingestion.

When purchasing wild mushrooms, look for mushrooms that:

- Are firm
- Have a fresh appearance
- Are stored at a refrigerated temperature
- Have exposure to oxygen
- Have little or no excessive moisture

When buying wild mushrooms a food establishment operator should consider the following:

- Who identified the mushroom as safe to consume?
- What qualifications does the mushroom identifier have?
 - Education in mycology?
 - Membership in a mycology club or association?
 - How many years of experience does the identifier have in mushroom identification?
- Was the mushroom identified while fresh?

References:

Southern Idaho Mycological Association:
www.simykos.org

North Idaho Mycological Society:
www.nicon.org/nima/index.html

Palouse Mycological Association:
<http://mycology.wsu.edu/mushroom/>

North American Mycological Association:
www.namyco.org