



Photo by Joshua LeDuc

Foraging for Mushrooms

Love them or hate them, mushrooms are everywhere in the Upper Peninsula. Mushrooms are from the Kingdom Fungi and are essential to life on Earth—decomposing organic matter and creating soil. Edible mushrooms can also be delicious when cooked and foraging for wild ones fun! There are no simple rules or tricks to tell if a mushroom is edible or poisonous—just careful identification skills. There are over 5,000 mushroom species in our area, we will cover just a few. Remember, **if you're not certain, don't eat it.**

Oyster Mushrooms

These are shelf mushrooms found on both living and dead trees. One species of oyster will grow on hardwoods (**maple, oak, aspen, elm**, etc) while another kind grows only on **cottonwoods, poplars**, and



Oyster Mushrooms
Photo by Mushroom Appreciation

aspens. Both kinds are edible. They appear in humid summer weather through the fall. Oyster mushrooms are rumored to have cancer-fighting and cholesterol-lowering properties.

Shaggy Mane Mushroom (Inky Caps)

These are free-standing mushrooms that grow in **disturbed areas with compacted soil** like lawns and along paths. It appears after heavy rains in the summer through the fall. Pick them before the edges turn black and cook within hours. Avoid consuming with



Shaggy Mane Mushrooms
Photo by Mushroom Appreciation

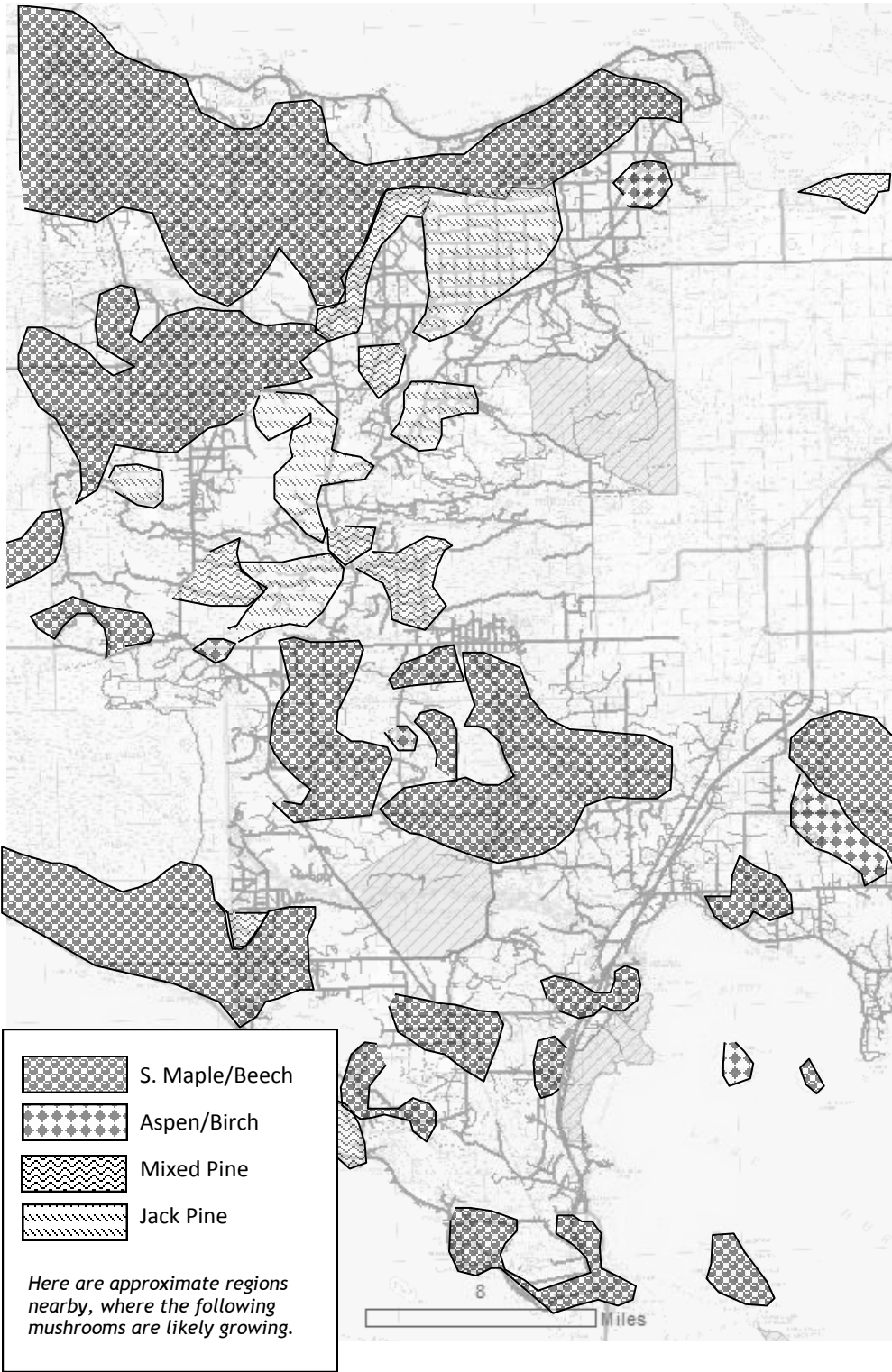
Hen of the Woods



Hen of the Woods Mushroom
Photo by Kevin Leland

Also called Sheeps-head or Maitake, Hen of the Woods mushrooms grow in clusters at the base of trees—mostly **oak**, but sometimes **maple** and other hardwoods. Clusters may be softball-sized on up to a couple feet across

and often regrow in same location annually. They grow later in the season, usually early September to October. Hens are rumored to have cancer-fighting and cholesterol-lowering properties.



Morel Mushrooms
Photo by Mushroom Appreciation

Morel Mushrooms

These are free-standing mushrooms found in a range of habitats. Morels also grow near or at the base of **elms** (preferably dead or dying), **ash, cottonwood, or old apple trees**. Some may also grow under **jack pine, white pine, and black spruce**. They may be where the ground has been disturbed (ex- ditches, downed trees, flood plains, and **burn sites**, path edges). Black Morels grow the year after a fire has swept through (like the Duck Lake area northwest of St Ignace). Morel season is just a few short weeks in spring.

WARNING: Consuming wild mushrooms may cause serious illness or death. FORAGE AT YOUR OWN RISK.
Photos courtesy of the Mushroom Appreciation and Farm Guide

Hiawatha National Forest

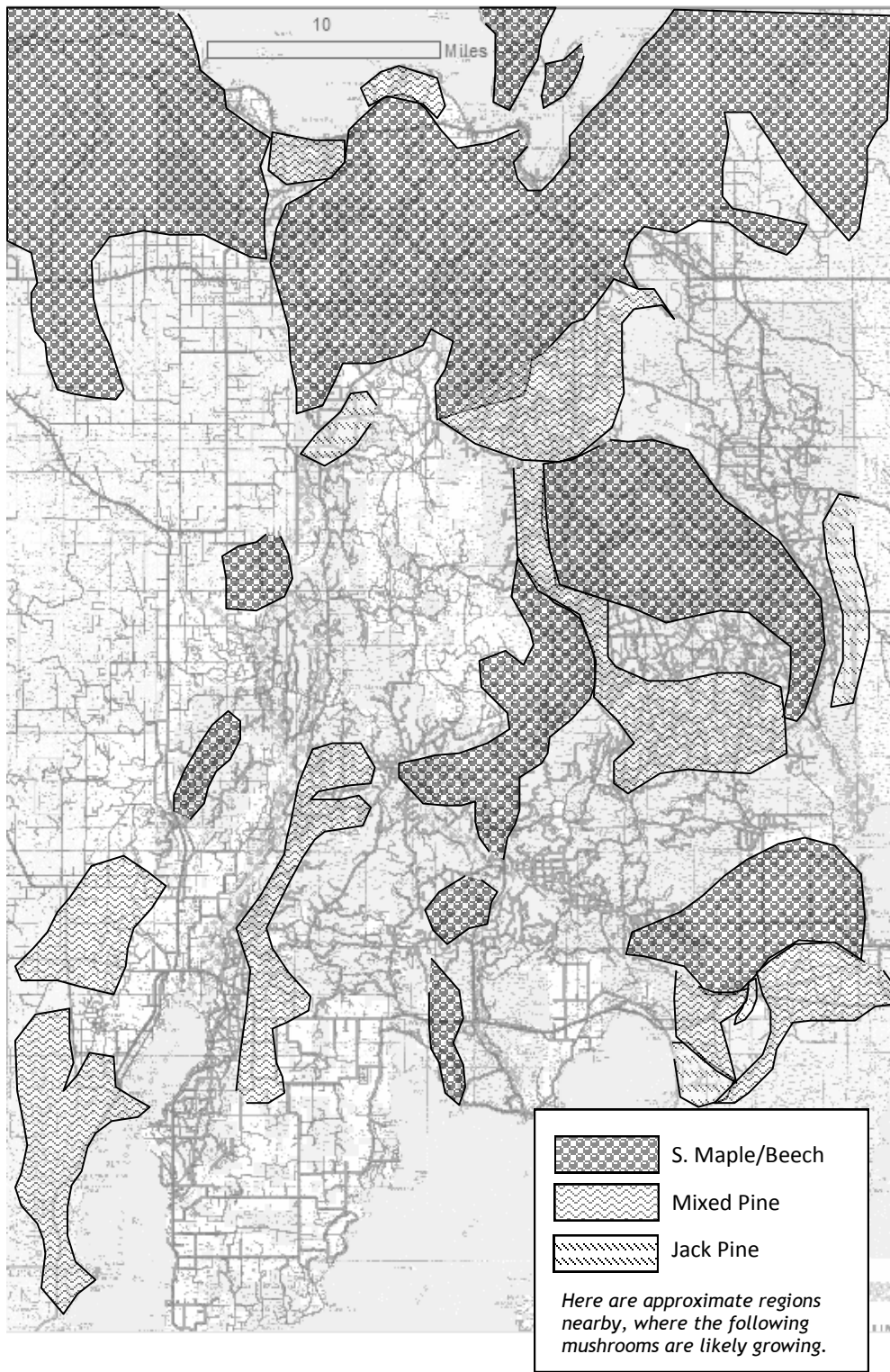
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Forest Service
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