

# Nomadic Foods

Specializing in wild mushrooms  
**Foraging Excursions 2018**

## **Purpose and Scope**

To provide a wild mushroom foraging experience to those who have always wanted to harvest wild fungi but were apprehensive about where to go, what to look for, and how to differentiate between edible, medicinal and poisonous species.

## Meet your hosts...

At Nomadic Foods, we help eliminate guesswork. Dave and Lisa have years of experiencing foraging for wild mushrooms in Ontario from old-growth pine forests in the north to Carolinian forests in the south with many of our finds supplying fine local restaurants and markets.

## What you will learn...

- Mushroom identification of edible, medicinal, and poisonous species and cool-sounding Latin names.
- Mushroom harvesting in a sustainable manner.
- Tree identification and how they relate to certain species.
- Mushroom and mycelium growth/propagation cycles.
- Terrain effects (“lay of the land”).
- Timing is critical.
- Recommended books.

## What to expect...

- Excursions are estimated to be 3 hours. Be prepared to walk approximately 5 km – rain or shine.
- Group size 5 minimum, 15 maximum.
- Targeted areas for exploration will be within a 2-hour drive from The Barn. Carpooling is recommended. We generally don’t confine ourselves to one or two areas. The reasons for this are:
  1. Ontario offers a wide range of different forest habitats that support different mushroom populations.
  2. If it hasn’t rained in one area for a while keep an eye on weather to know which areas have received rain. Follow the rain and you find the mushrooms.
  3. Getting off the beaten path often times means more goodies in your basket.
- Before every outing, you will get a color printout of our target species for the time of year (see chart).

## What to bring...

- Water, snacks
- Hat, sunglasses, sunscreen
- Long pants, hiking boots/shoes
- Rain gear (pants, jacket)
- Bug spray, netted clothing
- Basket
- Knife/scissors
- Bear spray (optional)
- Note pad and pen

	Some of what we can expect to find		
Season (varies from year to year)	Nomenclature	Common Names	Designation
May	<i>morchella esculenta</i>	blonde morel	edible
	<i>morchella elata</i>	black morel	edible
	<i>morchella semilibera</i>	half-free morel	identification only
	<i>verpa bohemica</i>	half-free morel	identification only
	<i>gyromitra esculenta</i>	false morel	poisonous
	<i>cerioporus squamosus</i>	pheasant back	edible
June - July	<i>ganoderma tsugae</i>	reishi, ling-zhi, varnish shelf	medicinal
	<i>trametes versicolor</i>	turkey tail	medicinal
	<i>pleurotus ostreatus</i>	oyster mushroom	edible
	<i>aminita jacksonii</i>	cesar mushroom	identification only
Mid July - August	<i>cantharellus cibarius</i>	chanterelle	edible
	<i>craterellus fallax</i>	black trumpet	edible
	<i>hydnum repandum</i>	hedgehog	edible
	<i>hypomyces lactifluorum</i>	lobster mushroom	edible
	<i>russula (genus)</i>	brittle caps	identification only
	<i>omphalotus olearius</i>	jack-o-lantern	poisonous
	<i>aminita (genus)</i>	destroying angels, fly agaric	poisonous
Late August - October	<i>hypomyces lactifluorum</i>	lobster mushroom	edible
	<i>laetiporus sulphureus</i>	chicken of the woods	edible
	<i>grifola frondosa</i>	hen of the woods, maitake	edible/medicinal
	<i>hericium (genus)</i>	lion's mane, bear's head	edible/medicinal
	<i>lepista nuda</i>	wood blewit	edible
	<i>boletaceae (family)</i>		
	- <i>boletus (genus)</i>	king bolete, cep, porcini	edible
	- <i>suillus (genus)</i>	painted bolete, pine bolete, slippery jack	edible
	- <i>leccinum (genus)</i>	birch bolete	identification only
	- <i>tylopilus (genus)</i>	bitter bolete, violet-gray bolete	identification only
	<i>lactarius (genus)</i>	milk caps	identification only
	<i>coprinus comatus</i>	shaggy mane	edible
	<i>calvatia gigantea</i>	giant puff ball	edible
	<i>inonotus obliquus</i>	chaga	medicinal
	<i>aminita (genus)</i>	destroying angels, fly agaric	poisonous
	<i>galerina autumnalis</i>	deadly galerina	poisonous
<i>cortinarius (genus)</i>	deadly corts	poisonous	