

The 10 commandments of eating wild mushrooms

Species of morels, chanterelles and king boletes, and other edible species included in Fry, Thrive or Die can be safely identified using this book and with a little field experience. Wild mushrooms hunters can use these “10 commandments” before eating edible mushrooms to help protect them from accidental poisonings. Dangerous lookalikes such as the false morel, the jack o’lantern mushroom and the false chanterelle are poisonous, The Satan’s bolete gets its name for a good reason. These species are dangerous. .

Below are some tips, the 10 commandments of eating wild edible mushrooms worry free.

1. **Unfamiliar species..** Check and re-check your identification, if still in doubt, ask an expert or throw it away.
2. **Examine each specimen..** Always check each specimen to be eaten in case a different species has infiltrated your collection of edible ones.
3. **Keep your collections separate.** Do not mix edible and non-edible species in a collecting bag or basket if you are collecting for consumption.
4. **Check the spore print.** A simple operation, leave a cap face down on some paper and cover for an hour or so with a glass cup. The spore print left on the paper will help check your identification.
5. **Do not eat raw wild fungi.** Always cook your collections. Uncooked morels can lead to poisoning and undercooked morel mushrooms give some people an upset stomach.
6. **Only eat good specimens.** Many poisoning cases occur when edible species are eaten in poor condition, look out for rot or old mushrooms and only eat good specimens!
7. **Retain an uncooked specimen.** This is a very sensible idea. Keep one example of what you have eaten in the fridge. In case, you do poison yourself, this will help others identify what you have eaten and therefore know how to treat you. Different poisonous species contain different toxins, and most poisonings

are just people eating old moldy edible species. Therefore, treatments will vary.

8. **Keep your collections in the fridge.** This protects your mushrooms from mold and helps keep your specimens in good condition.
9. **First timers.** If eating a edible type for the first time, only eat a small amount. Different people react to fungi in different ways, and it is safer to test your own body out gently!
10. **Fear.** Do not feed wild mushrooms to people who don't want to eat them. Fear can make people sick.

Eat your king boletes with confidence!

