

Mushrooms, Delicious, Deadly & Fascinating! – Laura Teele

Northfield Wild Ones Meeting on January 13, 2022

A detailed summary of answers to questions asked, including links to more information

1. Are there similar mushrooms to puffballs that are poisonous?

Short answer is yes. Only puffball mushrooms that are entirely white on the inside should be eaten. The Giant or Common Puffball is easier to distinguish.

It should have the feel and texture of a marshmallow all the way through. No gills, pores, cap, and the stem is attached to the ground.

If there is even a hint of off-color to the white or it is already gray or brown, the mushroom is past being edible and could be toxic.

Small puffballs can be more difficult to identify. The deadly Amanita can look like a puffball but has the outline of a mushroom-to-be inside. (Remember the Destroyer Angel?)

A few sites I looked at:

<https://whyfarmit.com/are-puffball-mushrooms-poisonous/>

<https://americanmushrooms.com/edibles3.htm>

<https://www.eattheweeds.com/lycoperdon-perlatum-edible-puffballs-2/>

2. To cut or pluck when harvesting mushrooms?

Interesting question; a few quick reads suggest plucking is fine. Here's one source:

<https://www.wildfoods.ca/blogs/main/how-to-harvest-mushrooms-sustainably>

University of MN – says pinch or cut morels:

<https://extension.umn.edu/woodland-ownership/harvesting-morel-mushrooms>

3. My Wine Cap mushrooms did not cultivate. Is cultivation a year shot or will it produce more than a year?

An excellent blog at Field & Forrest Supplies:

<https://www.fieldforest.net/product/planting-a-fall-wine-cap-bed/BLOG>

Also:

<https://smallfarms.cornell.edu/projects/mushrooms/outdoor-production/>

Scroll down to Wine Caps – it does say that you can get several seasons of production!

4. What critters eat mushrooms?

Truffles anyone?

I looked at this site:

<https://www.animalquarters.com/animals-that-eat-mushrooms/#7-goeldis-monkey>

Sounds like MN would have several diners: Pigs, Bears, Squirrels, Deer, Slugs, Snails. The monkey in this article is South American. It seems mushrooms are a good nutritional source of food for wildlife. Next question, what about toxicity?

Laura's Mushroom Resources used in creating her presentation:

Useful Websites

- University of Minnesota Mycology Club <http://mycology.cfans.umn.edu/>
- MN Mycological Society <https://minnesotamycologicalsociety.org/>
- MDA Certified Wild Mushroom Harvester <https://www.mda.state.mn.us/food-feed/certified-wild-mushroom-harvester>
- North American Mycological Association <https://namyco.org/>

Cultivation Supplies/ Instructional Information

- Field and Forest Products <https://www.fieldforest.net>
- Cornell University <http://blogs.cornell.edu/mushrooms/factsheets/>

Video The Four Stages of Shiitake Mushroom Cultivation Dr. Kenneth Mudge Cornell University:

<https://www.youtube.com/watch?v=hJxrluAjS3g&list=PL7w1Cs3YsjxfrqW8Hu62dKyVYo2G82JX&index=2>

From Virginia Windschitl, a link to a site that has e books & gifts. They are no longer selling mushroom kits, but they list other suppliers.

<https://fungi.com/blogs/articles/mushroom-kits>

There is also a mushroom movie "Fantastic Mushrooms" on Netflix and maybe Youtube and other sites that several people thought was really great and highly recommended watching. Here is a link to some ways to watch it: <https://fantasticfungi.com/>