



**Wild  
Mushrooms  
Q&A**

**Q: Are foraged mushrooms safe to eat in Michigan?**

**A:** *Maybe. If you plan to forage for mushrooms in Michigan get training from a mycologist or mushroom hunting group. Illness and poisoning from eating unidentified mushroom species can happen. Before you forage or eat them learn about mushroom safety first. Visit <https://michiganmushroomhunters.org/nama/> for the Michigan Mushroom Hunters Club for training events and information.*

**Q: Is it easy to tell the difference between a poisonous and edible mushroom?**

**A:** *Not for an untrained person. Many parts of the mushroom should be considered. What it grows on. The shape of the cap and stem, and how the cap is attached to the stem. Factors vary with each mushroom variety. And, a mushroom that is edible here may not be edible in other regions of the world. Always speak with the specialists first.*

**Q: Should I eat uncooked wild mushrooms?**

**A:** *Preparing mushrooms to eat will depend on the variety. Some should be cooked with specific requirements for safety.*

**Q: I found a mushroom I want to eat. How can I store it before getting it identified?**

**A:** *It is best to store unidentified mushrooms in paper bags marked "DO NOT EAT" until the variety can be identified. Keep the bag in the refrigerator. If you cannot find a whole, intact sample it will be more difficult to ID and should not be considered for consumption.*

**Q: Who can I call if someone has eaten and unidentified mushroom?**

**A:** *Call your local poison center. The Poison Help Hotline is available 24/7/365 by dialing 1-800-222-1222. A specialist will be able to tell you more about storage and symptoms to watch for and when to seek medical care.*



**True Morel**



**False Morel**

**Q: How will I know if I've eaten a poisonous mushroom?**

**A:** *Anyone who eats wild mushrooms and develops nausea, vomiting, belly pain, or diarrhea should seek medical care. These symptoms can indicate unseen and serious health risks.*

Symptoms of poisoning include:

- Nausea
- Vomiting
- Stomach pain
- Dizziness
- Headache
- Muscle cramps
- Bloating
- Tiredness

Untreated symptoms can lead to:

- Confusion
- Severe stomach pain
- Hepatitis(liver inflammation)
- Yellowing of the skin
- Bleeding & blood loss

When possible, bring a sample of an intact mushroom to the emergency room if medical treatment is needed for mushroom-related poisonings.

**POISON HELPLINE**

**1-800-222-1222**

Available 24/7/365

Free, Confidential, Non-judgmental, & Expert Advice

