Idaho Department of Health & Welfare
Office of Epidemiology and Food Protection
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Boise, ID 83702
(208) 334-5938

Visit our website to obtain more information about the Food Protection Program and to access some of our resources.
www.foodsafety.idaho.gov

Idaho District Health Departments

Panhandle
8500 N. Atlas Rd.
Hayden, ID 83835
208-415-5100

North Central
215 Tenth St.
Lewiston, ID 83501
208-799-3100

Southwest
920 Main St.
Caldwell, ID 83605
208-455-5300

Central
707 N. Armstrong Place
Boise, ID 83704
208-327-7499

South Central
1020 Washington St. North
Twin Falls, ID 83301
208-734-5900

Southeastern
1901 Alvin Ricken
Pocatello, ID 83201
208-233-9080

Eastern Idaho
1250 Hollipark Drive
Idaho Falls, ID 86401
208-522-0310
Idaho wild mushrooms are a delectable delight for both the individual consumer and the food establishment that purchase them from people who harvest them in the wild. But care must be taken in harvesting wild mushrooms, for not all are safe for eating. Also, even for the edible mushrooms, care must be taken in proper storage and handling to ensure their safety.

Some mushrooms can cause severe gastrointestinal illness—even if it is a “safe” mushroom. Amatoxins, produced by some mushrooms, are heat-stable and, therefore; not destroyed by cooking or drying.

Small children, older adults (over 65 years of age), and people with existing medical conditions are most vulnerable to the various toxins produced by mushrooms.

Symptoms of mushroom poisoning include:
- Amnesia
- Fatigue
- Dizziness
- Severe headache
- Severe abdominal distress
- Vomiting
- Loss of consciousness
- Liver failure
- Kidney failure

Symptoms can be delayed a day or more after ingestion.

When purchasing wild mushrooms, look for mushrooms that:
- Are firm
- Have a fresh appearance
- Are stored at a refrigerated temperature
- Have exposure to oxygen
- Have little or no excessive moisture

When buying wild mushrooms a food establishment operator should consider the following:
- Who identified the mushroom as safe to consume?
- What qualifications does the mushroom identifier have?
  - Education in mycology?
  - Membership in a mycology club or association?
  - How many years of experience does the identifier have in mushroom identification?
- Was the mushroom identified while fresh?

References:
Southern Idaho Mycological Association: www.simykos.org
North Idaho Mycological Society: www.nicon.org/nima/index.html
Palouse Mycological Association: http://mycology.wsu.edu/mushroom/
North American Mycological Association: www.namyco.org

"There are old mushroom hunters and there are bold mushroom hunters, but there are no old, bold mushroom hunters", Klingensmith