



WILD MUSHROOMS

MICHIGAN POISON & DRUG INFORMATION CENTER
WAYNE STATE UNIVERSITY

KNOWING WHICH MOREL MUSHROOMS ARE SAFE

The Basics

Wild mushrooms can be poisonous.

Fruiting for morel mushrooms begins in mid-April and lasts until mid-June. Morel hunting season in Michigan starts in May.

Always seek advice from experts before preparing and eating wild mushrooms.



MORCHELLA AMERICANA



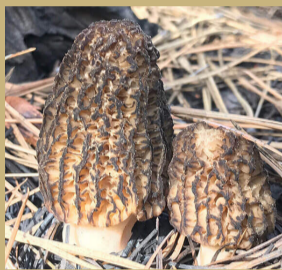
MORCHELLA PUNCTIPES



MORCHELLA ANGUSTICEPS



MORCHELLA EXUBERANS



TRUE MORELS (EDIBLE)

- True morels are edible, but may be poisonous if prepared and eaten incorrectly.
- Consuming large amounts, eating raw or undercooked, or eating with alcohol can cause toxicity.

FALSE MORELS (NON-EDIBLE)

- NEVER eat unknown mushrooms.
- False morels contain the harmful toxins.
- Start of symptoms is typically 6-24 hours after eating.

Symptoms of poisoning include:

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

IF UNTREATED, CAN LEAD TO:

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

VERPA BOHEMICA



VERPA CONICA



GYROMITRA ESCULENTA



IDENTIFICATION

TRUE MOREL

Cap:

- More uniform shape
- Pitted inward
- Pits and ridges
- Attached to the stem

Interior:

- Empty



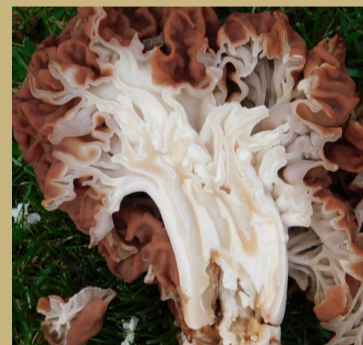
FALSE MOREL

Cap:

- Irregular shape
- Outward bulges
- More wavy and lobed
- Cap not attached to stem at the base

Interior:

- Not empty, filled with white fibers



EXPOSURE PREVENTION

- Every year, people become sick from eating mushrooms picked during mushroom hunts.
- NEVER eat a wild mushroom without speaking to an expert first.
- Contact the specialists with your Michigan Poison & Drug Information Center and Michigan Mushroom Hunters at michiganmushroomhunters.org to seek advice and to participate in expert-guided hunts.

EXPOSURE

If anyone eats a wild, unknown mushroom do the following:

- Take a picture of the mushroom if any is left, or another of the same, intact mushroom.
- Put mushroom in paper bag and label "DO NOT EAT" and place in the refrigerator.
- If no symptoms have developed after 24 hours, throw out the mushroom.
- If symptoms develop within 24 hours of eating an unknown mushroom seek emergency medical care immediately and bring the mushroom with you.

MICHIGAN POISON & DRUG INFORMATION CENTER

1-800-222-1222

Visit midwestmycology.org

to learn more about morel foraging in Michigan

MIPOISONHELP.ORG

