



Pleurotus ostreatus - Oyster mushroom

Information for the Novice Mushroomer

Beginners and old-timers alike can benefit from the review of cautionary notes regarding tick control while in the field and the eating of wild mushrooms. Be sure to read through these two short articles that appeared in the Connecticut Westchester Mycological Association newsletter and is shared here with the Association's permission.

If you have ever tried a new hobby or sport you are undoubtedly well aware of how frustrating it can be to know exactly how to begin the process. Well, here at MMHC, we are trying to make your first mushroom hunting experiences enjoyable and informative right from the start. To do that you need to come to a mushroom hunt a bit prepared so we have created this short list of items that you should consider bringing with you. As you progress in the hobby you will undoubtedly think of other things you would like to have but these will get you started.

By the way, children are welcomed if they are accompanied by a responsible adult.

MMHC has established an emergency alarm code if a participant in one of our hunts becomes separated from the group, sick, injured, etc. If this happens, we urge the use of the following alarm whistles (a whistle is a must have when hiking through the woods):

One long whistle = **Here I am.**

Two whistles = **Come this way.**

Three whistles = **Emergency, come quick!!**

We strongly recommend you bring the following:

- Basket - to carry mushrooms in
- Bug Spray
- Cell phone - in case you get lost or have car trouble
- Clothing: long pants and long sleeved shirt will help you to avoid mosquitoes, poison ivy, and ticks

- Compass
- Knife - a simple pocket knife will do
- Lunch - After a morning hunt we often take time to share in the mushroom identification process - a great learning opportunity - which can last for an hour or more. So, for those events that do not include a potluck participants should have a lunch to avoid having to run off to a restaurant or home and therefore missing both the camaraderie and educational session.
- Beverage to stay hydrated on hunts (water, tea, juice, etc.)
- Map of the hunting area
- Solid foot wear - no flip-flops or open toed shoes
- Whistle - to help others locate you if you get lost or wander far from the group

Recommended but not absolutely necessary:

- Clothing: orange vest or hat helps others to see just where you are and, during small game hunting season, helps to keep you safe
- Foot wear - hiking boots are best
- Handheld GPS device will help you find your way back to the car or track where those special mushrooms can be found
- Magnifying glass - to help with identification of species
- Mesh bags - some people believe that these bags help to spread mushroom spores while carrying your mushrooms through the woods
- Mushroom books - to help with identification of species the menu link: [Looking for a good mushroom book](#)



- Mushroom knife: An example is shown at the right and it is available from World Knives, Ltd.; other sources for mushroom knives can also be found on the Web.
- Paper bags (plastic bags cause the mushrooms to spoil quickly so avoid their use) to help keep the different species separated in your basket
- Raingear for those less than ideal days afield