Selected Edible Wild Mushrooms of Northeastern North America

Disclaimer: This list is not intended for use as a field guide in providing definitive identification of mushrooms intended for consumption.

Yellow Morel
*Morchella esculenta* L. ex Fr.
*Morchellaceae, Pezizales*

Blond to yellow-brown, honeycombed cap on whitish stalk.

Chanterelle
*Cantharellus cibarius* Fr.
*Cantharellaceae, Aphyllorhales*

Bright yellow to orange cap with wavy margin and yellow-orange, forked, thick-edged ridges descending stalk; fragrant.

King Bolete
*Boletus edulis* Bull. ex Fr.
*Boletaceae, Agaricales*

Large, with reddish-brown cap, white to yellowish pores, and whitish to brownish stalk, thickening toward base.

Purple-gilled Laccaria
*Laccaria ochropurpurea* (Berk.) Pk.
*Tricholomataceae, Agaricales*

Large, purplish-brown to grayish cap with thick, purplish gills and stout, solid stalk.

Blewit
*Clitocybe nuda* (Bull. ex Fr.) Big. & A.H.S.
*Tricholomataceae, Agaricales*

Large, violet cap, fading to tan, with violet to buff gills and violet, often bulbous stalk: in the open or in open woods.

Oyster Mushroom
*Pleurotus ostreatus* Fr.
*Tricholomataceae, Agaricales*

Broad, fleshy, white, gray or brown cap with bread, whitish or yellow-tinged gills arising from attachment to wood or small, hairy, stublike stalk; on wood.

Black Morel
*Morchella elata* Fr.
*Morchellaceae, Pezizales*

Black-ribbed, honeycombed cap on whitish stalk.

Black Trumpet
*Craterellus fallax* A.H.S.
*Cantharellaceae, Aphyllorhales*

Vase-shaped mushroom with small, flat, brownish scales on top and within; outer surface smooth to wrinkled, gray to dark brown or black; fragrant.

Sweet Tooth
*Dentinum repandum* (Fr.) S.F.G.
*Hydnaceae, Aphyllorhales*

Description: Fleshy, orange to buff, irregularly shaped cap with pale teeth descending slightly off-center stalk.

Honey Mushroom
*Armillariella mellea* (Vahle ex Fr.) Kar.
*Tricholomataceae, Agaricales*

Description: Yellow-brown, sticky cap with erect black hairs over center, discoloring whitish gills, and stalk with white to cream ring; on wood.

Angel’s Wings
*Pleurocybella porrigens* (Pers. ex Fr.) Sing.
*Tricholomataceae, Agaricales*

Description: Broad, thin-fleshed, stalkless white cap with white gills; in clusters on wood.

Late Fall Oyster
*Panellus serotinus* (Fr.) Küh.
*Tricholomataceae, Agaricales*

Description: Sticky, yellowish-green cap with yellowish gills and stublike stalk; on dead wood.
<table>
<thead>
<tr>
<th>Mushroom Name</th>
<th>Scientific Name</th>
<th>Family</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meadow Mushroom</td>
<td><em>Agaricus campestris</em> L. ex Fr.</td>
<td>Agaricaceae, Agaricales</td>
<td>White to brownish, mostly smooth cap; in grass.</td>
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<tr>
<td>Parasol</td>
<td><em>Lepiota procera</em> (Scop. ex Fr.) S.F.G.</td>
<td>Agaricaceae, Agaricales</td>
<td>Broad, brownish, densely scaly, knobbed cap with free gills and movable ring on tall, scaly stalk.</td>
</tr>
<tr>
<td>Fawn Mushroom</td>
<td><em>Pluteus cervinus</em> (Schaeff. ex Fr.) Kum.</td>
<td>Pluteaceae, Agaricales</td>
<td>Brownish cap with white to pink, free gills and whitish stalk.</td>
</tr>
<tr>
<td>Shaggy Mane</td>
<td><em>Coprinus comatus</em> (Müll. ex Fr.) S.F.G.</td>
<td>Coprinaceae, Agaricales</td>
<td>Cylindrical, shaggy-scaly, white cap turning inky from liquifying gills.</td>
</tr>
<tr>
<td>Voluminous-latex Milky</td>
<td><em>Lactarius volvus</em> (Fr.) Fr.</td>
<td>Russulaceae, Agaricales</td>
<td>Orange-brown cap with fishlike odor.</td>
</tr>
<tr>
<td>Hen of the Woods</td>
<td><em>Grifola frondosa</em> (Fr.) S.F.G.</td>
<td>Polyporaceae, Aphyllorales</td>
<td>Large, clustered mass of grayish-brown, fleshy, spoon-shaped caps with whitish pores and lateral, white stalks branching from compound base.</td>
</tr>
<tr>
<td>Purple-spored Puffball</td>
<td><em>Calvatia cyaniformis</em> (Bosc) Morg.</td>
<td>Lycoperdaceae, Lycoperdales</td>
<td>Hemispherical, minutely cracked, tannish, with white interior becoming deep purple-brown, with large, persistent, dark violet, cublike remains.</td>
</tr>
<tr>
<td>Horse Mushroom</td>
<td><em>Agaricus arvensis</em> Schaeff. ex Secr.</td>
<td>Agaricaceae, Agaricales</td>
<td>Description: Large, white mushroom, bruising yellowish, with spicy odor; in grass.</td>
</tr>
<tr>
<td>Rooted Oudemansiella</td>
<td><em>Oudemansiella radicata</em> (Rel. ex Fr.) Sing.</td>
<td>Tricholomataceae, Agaricales</td>
<td>Description: Sticky, smooth, gray-brown or paler cap with white gills and rigid-bristle, long-rooted stalk; on tree roots.</td>
</tr>
<tr>
<td>Aborted Entoloma</td>
<td><em>Entoloma abortivum</em> (Berk. &amp; Curt.) Donk</td>
<td>Entolomataceae, Agaricales</td>
<td>Description: Gray-brown cap with pinkish gills and whitish stalk; found with whitish, bumpy, roundish to irregular masses.</td>
</tr>
<tr>
<td>Wine-cap Stropharia</td>
<td><em>Stropharia rugosoannulata</em> Farlow ex Morr.</td>
<td>Strophariaceae, Agaricales</td>
<td>Red, red-brown to tan cap with lilac-to gray-black gills and lined ring on stalk.</td>
</tr>
<tr>
<td>Chicken Mushroom</td>
<td><em>Laetiporus sulphureus</em> (Fr.) Morr.</td>
<td>Polyporaceae, Aphyllorales</td>
<td>Description: Single to overlapping clusters of fleshy, smooth, orange-red to orange-yellow caps with sulfur-yellow pores.</td>
</tr>
<tr>
<td>Dryad's Saddle</td>
<td><em>Polyporus squamosus</em> Fr.</td>
<td>Polyporaceae, Aphyllorales</td>
<td>Large, fleshy, tough, scaly, yellowish-brown cap with large, white to yellowish pores descending short stalk.</td>
</tr>
<tr>
<td>Skull-shaped Puffball</td>
<td><em>Calvatia cyaniformis</em> (Schw.) Fr.</td>
<td>Lycoperdaceae, Lycoperdales</td>
<td>Description: Skull-shaped, white, smooth, cracking into irregular areas and revealing white interior, which becomes yellow-green.</td>
</tr>
</tbody>
</table>
The Mycophagist’s Ten Commandments
From: “Edible Wild Mushrooms of North America”,

1. Never eat a mushroom unless it is positively identified as edible. Mistakes can result in toxic reactions ranging from mild gastric upset to death. If in doubt, throw it out!

2. Eat only fresh mushrooms that are free from infestation by insects or larvae. Mushrooms can spoil, and eating any spoiled food can cause food poisoning or other adverse reactions.

3. Thoroughly cook all mushrooms unless they are specifically known to be edible raw. Some mushrooms contain toxins or gastrointestinal irritants that must be destroyed by cooking.

4. Eat mushrooms only in moderate quantities. Mushrooms are not easily digested; overeating them is an easy way to get sick.

5. When trying a mushroom for the first time, eat only a small portion, and don’t try any other new kinds for forty-eight hours. As with many kinds of food, some people are sensitive or allergic to mushrooms commonly eaten by other people. Individuals with known food allergies or sensitivities should be extra careful when trying mushrooms new to them, especially those species known to present problems for some individuals.

6. Don’t pick mushrooms from contaminated habitats. These include polluted areas, chemically treated lawns, ornamental trees, and places close to highways, landfills, toxic waste sites, crop fields, power lines, railroads, buildings, industrial areas, or firebreaks. Contaminants may accumulate in wild mushrooms.

7. Never assume that a wild mushroom you find overseas is the same edible species you know from North America or vice versa. Too many serious cases of mushroom poisoning occur because vacationers and immigrants unwittingly gather dangerous look-alike species not found in their native lands.

8. Be conservative about feeding wild mushrooms to children, the elderly, and the infirm. Avoid edible species known to cause adverse reactions in some people, and don’t let children, the elderly, or persons in poor health try an unfamiliar kind of wild mushroom until you and other friends or relatives have identified and eaten it without any adverse reactions. Limit portion sizes for children, the elderly, and the sick because they’re generally more susceptible to toxins than other people are.

9. When trying a mushroom for the first time, save a few intact, uncooked specimens in the refrigerator for forty-eight hours. If someone develops an illness within two days after trying an unfamiliar mushroom, the physician may want expert identification to rule out the mushroom as the culprit.

10. Examine every specimen in every collection of mushrooms to avoid inadvertent mixing of different species. Even experienced mushroom hunters can err if they become careless and fill their baskets too hurriedly.

Other poisonous species in northeastern North America include:
Various *Amanita* species; yellow-bruising *Aegerita* species; Deadly Vase Chanterelle (*Gomphus* species); Green-spored *Leptota* (*Chlorophyllum molybdites*); Alcohol inky *Coprinus atramentarius*; Scaly inky Cap (*Coprinus variegatus*); Sweating Mushroom (*Clitocybe dealbata*) and other *Clitocybe* species; *Inocybe* species; Gymnopus species; Poison Pig (*Hebeloma crustuliniforme*; Sulphur Tuft (*Hypholoma fasciculare*); Conocybe filaris); *Paxillus involutus*; *Russula emetica*; Boletus species with orange to red pore surfaces and/or blue-staining flesh; Pigskin Poison Puffball (*Scleroderma citrinum*); Wrinkled Thimble-cap (*Verpa bohemica*); and False Morels (*Gyromitra* species)

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Poisonous Wild Mushrooms

| **Death Cap** |
| *Amanita phalloides* (Fr.) Secr. |
| *Amanitaceae*, *Agaricales* |
| Smooth, greenish cap with skirtlike ring at top of stalk; and saucelike cap about base of stalk. |

| **Destroying Angel** |
| *Amanita virosa* Secr. |
| *Amanitaceae*, *Agaricales* |
| White mushroom with flaring to ragged ring on stalk; large, saucelike cap about base. |

| **Fly Agaric** |
| *Amanita muscaria* var. *muscari* (L. ex Fr.) Hook. |
| *Amanitaceae*, *Agaricales* |
| Blood-red cap with pyramidal, white patches; stalk has ring and bulbous base with rows of cottony patches. |

| **Deadly Galerina** |
| *Galerina autumnalis* (Pk.) A.H.S. & Sing. |
| *Cortinariaceae*, *Agaricales* |
| Fading, brownish, tacky cap with yellowish gills becoming rust; ring on brownish stalk; on decaying wood. |

| **Jack O’Lantern** |
| *Omphalotus olearius* (DC. ex Fr.) Sing. |
| *Tricholomataceae*, *Agaricales* |
| Orange to yellowish-orange mushroom with sharp-edged gills descending stalk; in clusters on wood or buried wood. |
FIELD GUIDES


WEBSITES


Kuo, M. http://www.mushroomexpert.com/

Phillips, R. http://www.rogersmushrooms.com/

Stamets, P. http://www.fungi.com/

Volk, T. http://tomyolkfungi.net

Other links:
http://www.newyorknyc.org/links.htm

www.johnroot.net