



# FOREST MUSHROOMS INC.

P.O. BOX 370 • ST. JOSEPH, MN 56374  
www.forestmushrooms.com

*Growers & Distributors of Specialty Mushrooms since 1985*

## Wild Mushrooms and Spring Greens Calendar

<u>Common Name</u>	<u>Scientific Name</u>	<u>Harvest Season</u>
Morel	<i>Morchella spp.</i>	March - July
Ramps (wild leeks)		April - May
Fiddlehead ferns		May - June
Gold chanterelle	<i>Cantharellus cibarius</i>	July - December
Lobster		August - December
Chicken of the woods	<i>Laetiporus sulphureus</i>	August - October
Puffball	<i>Calvatia gigantea</i>	August - September
Hen of the woods	<i>Grifola frondosa</i>	September - October
Porcini	<i>Boletus edulis</i>	Sept - Nov, April - May
Cauliflower	<i>Sparassis radicata</i>	October - November
Matsutake	<i>Armillaria ponderosa</i>	November - January
Truffles	<i>Tuber spp.</i>	November - February
Black trumpet	<i>Craterellus cornocopioides</i>	December - March
Hedgehog	<i>Dentinum</i>	December - March
Yellowfoot chanterelle	<i>Cantharellus xanthopus</i>	December - March

**Wholesale customers:** Pricing on all wild harvested mushrooms and spring greens varies according to availability. We send pricing updates to our wholesale customers as changes occur, generally each weekend for the following week. Please e-mail Forest Mushrooms at [mail@forestmushrooms.com](mailto:mail@forestmushrooms.com) or call **320-363-7956** or **888-363-7957** for current pricing.

**Certified mushroom expert:** Forest Mushrooms is a Minnesota Department of Agriculture certified mushroom expert, licensed to sell wild fresh and dried mushrooms to customers in Minnesota. While this certification is required by law, it is not uncommon to find unlicensed dealers active in this market.

**Poisonous mushrooms:** Eating certain poisonous mushrooms can destroy the liver and lead to death. Others cause stomach flu, cramps, diarrhea, vomiting or nausea. An estimated 250 varieties of poisonous mushrooms grow in the wild. It is important that wild mushrooms be identified as safe to eat by a certified wild mushroom expert.