

Safe Species List • Arizona Mushroom Society, Inc.

AMS Culinary Committee & Scientific Committee, December 2016

Approved by Board of Directors, March 2017

SCIENTIFIC NAME	COMMON NAME(s)	NOTES
<i>Agaricus bisporus</i>	Button mushroom, cremini, portobello, champignon	Commercially purchased ONLY
<i>Albatrellus ovinus</i>	Sheep polypore	
<i>Auricularia auricula</i>	Wood ear, Cloud ear	
<i>Boletus barrowsii</i>	White Porcini, White King, Queen Bolete, Barrows' Bolete	
<i>Boletus edulis</i>	Porcini, King Bolete, Cep	
<i>Boletus rubriceps</i>	Red Porcini, Rocky Mtn. Red-Capped King Bolete, Ruby	Formerly <i>B. edulis</i> .
<i>Calvatia/Calbovista</i> spp.	Giant puffball	Must be uniformly white inside
<i>Cantharellus</i> spp.	Chanterelle	
<i>Coprinus comatus</i>	Shaggy Mane, Lawyer's Wig	
<i>Craterellus cornucopioides</i>	Black Trumpet, Horn of Plenty	
<i>Flammulina velutipes</i>	Velvet foot, Enokitake	Commercially purchased ONLY
<i>Ganoderma</i> spp.	Reishi, Lingzhi, Varnish Shelf, Artist's Conk	Medicinal
<i>Grifola frondosa</i>	Maitake, Hen of the woods	
<i>Hericium</i> spp.	Lion's Mane, Pom-Pom Mushroom, Bear's Head	
<i>Hydnum</i> spp.	Hedgehog, Sweet Tooth	
<i>Hypomyces lactifluorum</i>	Lobster Mushroom	
<i>Hypsizygos tessulatus</i>	Beech mushroom, Shimeji	Commercially purchased ONLY
<i>Lactarius rubideus</i>	Candy-Cap Mushroom	Commercially purchased ONLY
<i>Lentinus edodes</i>	Shiitake	
<i>Lycoperdon</i> spp.	Puffball	Must be uniformly white inside.
<i>Morchella</i> spp.	Morel	No <i>Verpa/Gyromitra</i> .
<i>Neolentinus ponderosus</i>	Giant Sawgill	
<i>Pleurotus</i> spp.	Oyster Mushroom	No <i>Pleurocybella</i> .
<i>Polyporus squamosus</i>	Dryad's Saddle, Pheasant Back	Select young specimens.
<i>Sarcodon imbricatus</i>	Hawk-wing Mushroom, Scaly Hedgehog	Boil for less bitterness.
<i>Sparassis</i> spp.	Cauliflower Mushroom	
<i>Suillus</i> spp.	Slippery Jack	Peel pores & skin off cap.
<i>Trametes versicolor</i>	Turkey Tail	Medicinal
<i>Tricholoma magnivelare</i>	Matsutake, Pine Mushroom	Commercially purchased ONLY
<i>Tuber magnatum</i>	White Truffle	Commercially purchased ONLY
<i>Tuber melanosporum</i>	Black Truffle	Commercially purchased ONLY
<i>Ustilago maydis</i>	Huitlacoche, Mexican Truffle	

See other side for more information about recommended safety procedures at AMS culinary events

Culinary Guidelines • Arizona Mushroom Society, Inc.
AMS Culinary Committee & Scientific Committee, December 2016
Approved by Board of Directors, March 2017

1: You may trade or share mushrooms with other members of the Society. We strongly recommend you stick to the Safe Species List (*on reverse*). You may *not* buy or sell mushrooms for money--except for persons with disabilities or other bona fide hardships that prevent them from going on forays, who may offer to buy personal-use quantities of mushrooms from other members.

2: If there is a culinary event at which a chef or instructor is cooking, you can bring your own mushrooms and request that they be cooked for you. You should check with the chef in advance to see if he or she is willing. The terms of your liability waiver specifically protect the chef from claims.

3: A prepared dish containing mushrooms that is shared with your fellow members at a potluck, dinner or other AMS event should conform to the following recommended guidelines:

- a) Should be thoroughly cooked.
- b) Should contain only one species of mushroom, from the list of approved safe species.
- c) Unless purchased commercially, should include an uncooked example from the same collection.
- d) Should be labeled with common and scientific names.
- e) If collected in the wild, should be labeled with collector's name and the date and place it was collected. If purchased, please provide a package label or make a note of when and from where it was purchased.

4: *Leccinum* (Aspen boletes), while commonly eaten in Arizona, have been left off the list of safe species because of many reports of severe gastrointestinal upset in Colorado. *Armillaria* (Honey Mushrooms), *Pholiota*, *Ramaria*, and *Laetiporus* (Chicken of the Woods), all of which are sometimes eaten in Arizona, have been omitted as they are disproportionately likely to cause GI difficulties.

Amanita, wild *Agaricus*, *Russula*, and most *Lactarius* have been left off the list due to difficulty distinguishing between safe and toxic species within these genera.

Coprinellus/Coprinopsis have been omitted due to the potential for interaction with alcohol.

5: Any species of mushroom (other than illegal psychoactives) may be shared or exchanged for scientific or educational study, fabric dyeing, or mycoremediation, as long as it is clearly understood and agreed by both parties that such exchange is not made for purposes of human consumption.

6: Even mushrooms that are well known to be non-toxic for the great majority of people can potentially cause gastrointestinal distress, allergic reactions and other idiosyncratic symptoms in certain susceptible individuals. These symptoms may be caused or worsened by undercooking, overindulgence in mushrooms, or by drinking alcohol. Every person should cautiously test their own tolerance for unfamiliar species of wild mushrooms. We recommend the Leathers Edibility Test, which you can read about on-line at this address:

<http://arizona-mushrooms.org/2013/09/23/leathers-edibility-test/>

7: Please remember that dinners and other culinary events sponsored by the AZ Mushroom Society, like all of its activities, are subject to the liability waiver that is published on the Arizona Mushroom Society website. You were required to confirm your agreement to the terms of this document when you enrolled as a Member and again when you registered for any sponsored event. You can read this document on-line at the following address:

<https://www.arizonamushroomsociety.org/terms-use-liability-waiver>

See other side for recommended safe species list