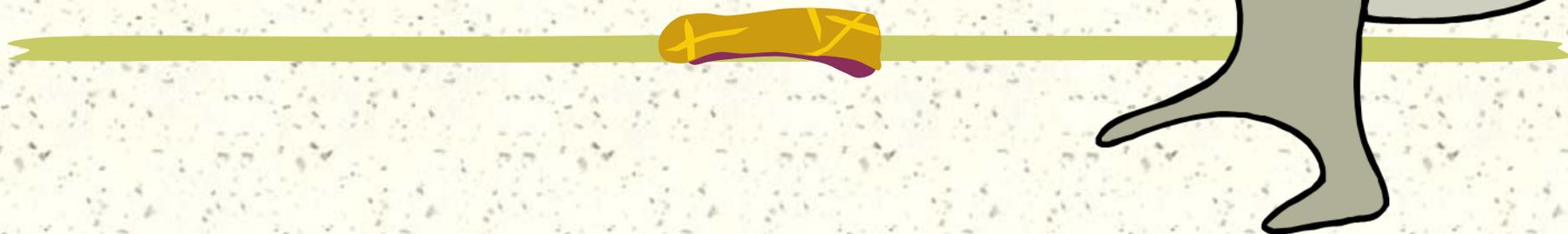




Safety and Fun at a Foray



Terri Wallis, August 3, 2009
NMMS



Basic hiking equipment

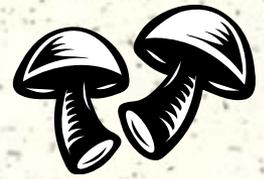
- Good boots or walking shoes
- Comfortable layers of clothing
- Long sleeves and pants
- Hat
- Bug protection and sunscreen
- Day pack
- Water and Emergency snacks
 - High Altitude increases dehydration risk !
- Raincoat
- If you get lost, you will need much more!

Getting Ready: What do you need for mushrooming?



1. Collection Basket or bag
 - A. Wax bags for sorting collection
2. Knife - one that can get into dirt!
3. Brush - to clean off the dirt!
4. Mushroom books/field guides
5. Collection slips; Pen or pencil
6. Mirror to view underside
7. Compass, GPS, Radios, Whistle for additional safety

Where will you go?



1. Choose a field trip; meet your leader
2. Don't be late! "It's not nice to make people wait for you"
3. Listen to leader's instructions
4. Obtain maps if available
5. Use a compass
6. Pay attention to direction as you walk (is the road to your right??)
7. Don't get lost!
8. NM State Police coordinates searches for lost hikers
9. Forays should be back at hotel by 3 pm
 - A. Allows time for working with specimens
 - B. Time to clean up before evening foray events



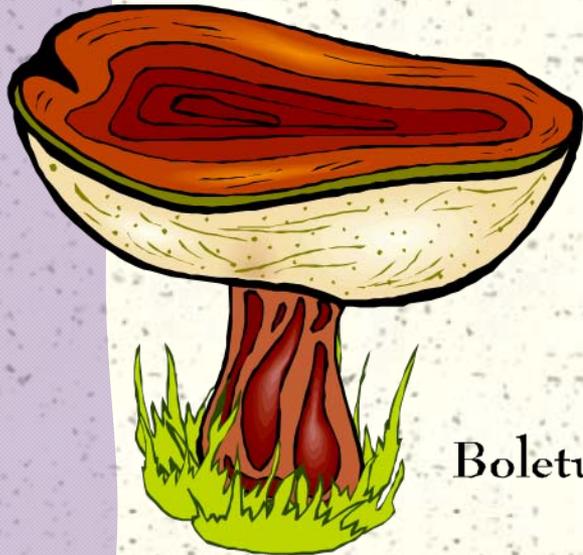


Trip Leaders

1. Get familiar with your destination
2. Communicate with the group for travel
3. Count cars and heads
4. Provide instructions before leaving the cars
 - A. Review collecting procedures
5. Establish a meeting time
6. Don't lose anyone!
7. Gather early to look at the "finds"
8. Make sure all the cars start before leaving



What is out there?



Boletus

- Boletes
- Chanterelles
- Russula
- Cortinarius
- Amanita
- Polypores
- Agaricus
- Morels- only in the Spring!
- Slime molds

Collecting procedures



- ✓ Choose fresh specimens with clear features
- ✓ For fungal collections and identification, dig down to get entire stipe, including any volva, etc
- ✓ Don't collect large quantities of common non-edibles
- ✓ For eating, cut close to soil (especially chanterelles)
- ✓ Notice the habitat and substrate
- ✓ Immediately, fill out collection slip; do your best on ID
- ✓ Use your brush to remove excess dirt from specimen
- ✓ Save in a wax or cloth bag; NEVER plastic
- ✓ Use Petri dishes or tackle boxes for very small specimens
- ✓ Keep collection slips with specimens, but protect from moisture



Bring 'em back!

1. REMINDER: DON'T DUMP YOUR MUSHROOMS!!
2. Take to collection triage area as soon as possible
3. Refrigerate if there will be a delay
4. Place specimens in paper trays provided
5. Identify to the best of your ability on collection slip
 1. Use a book to "key it out"
 2. Ask an expert to help you



References/Resources

Books:

Benjamin, Denis: Mushrooms-poisons and panaceas. WH Freeman and Co, 1995

Arora, David: Mushrooms Demystified. Ten Speed Press, 2nd ed. 1986

Evenson, Vera Stuckey: Mushrooms of Colorado. Denver Botanic Gardens, 1997.

Pearson, Lorentz: The Mushroom Manual. Naturegraph, 1987.

For More Information: Websites:

www.mycowest.org

www.namyco.org

www.nmmastergardeners.org/Fungi/

Tom Volk's pages:

http://botit.botany.wisc.edu/toms_fungi/

Feast on the fruits of foraging....



- ✓ Never get "skunked!"
- ✓ Cool mountain air
- ✓ A walk in the woods
- ✓ Wildflowers, rocks, birds, etc.
- ✓ Delicious cook and taste!
- ✓ **Visits with our friends!**



Reminder!

PLEASE

DON'T DUMP YOUR MUSHROOMS!