

# Recommendation and warnings



You can find nearly 800 species of mushrooms, which all have an important function in the ecosystem. It is important to respect and protect them all.

No matter of the purpose ( consumption, identification of scientific studies), here are some advice :

## Advice for mushrooms pickers:

- pick up adult samples (not too young nor too old) and healthy, in a basket or a crate, in order to carry them suitably,
- separate edible and poisonous species, know and unknown ones,
- do not use plastic bags, as they damage quickly the mushrooms and make them toxic,
- only pick up what you need, in order to preserve their continuity

## Advice for consumers :

- never forget that some mushrooms can be very toxic, sometimes leading to death. There is no way to guess if the mushrooms is edible or not. Only its identification.
- do not pick up mushrooms, which have grown along busy road (trace of lead) or near fields (pesticides),
- consume on the day of picking,
- refrain from eating raw mushrooms, because many species, (eg :Sponge mushrooms) holds toxins, which are destroyed when cooked.
- eat small portions,
- respect the law regarding where and how much you can pick
- respect the environment and avoid to step on the poisonous mushrooms, as they are part of the ecosystem.

Jean Claude Vermeulen

(Local Botany company)

Text from the "Courrier scientifique" Mushrooms in the Park

[Read more](#)

[Our partners](#)

Local Botany company

10 rue du Vélo, F-10000 TROYES

**Biology Association in Champagne**

7 rue du Maréchal Leclerc, F-10600 LA CHAPELLE ST LUC