

EDIBLE MUSHROOMS OF THE BOREAL FOREST

ROGER LARIVIÈRE
IN COLLABORATION WITH FERNAND MIRON

ODORS COLORS SHAPES FLAVOURS



CONTENTS

	A F	$\overline{}$	- 4
v.	/\ L	<i>?</i> I	-11
ΓI	н	١ı	- 1
	٠.,	٠.	

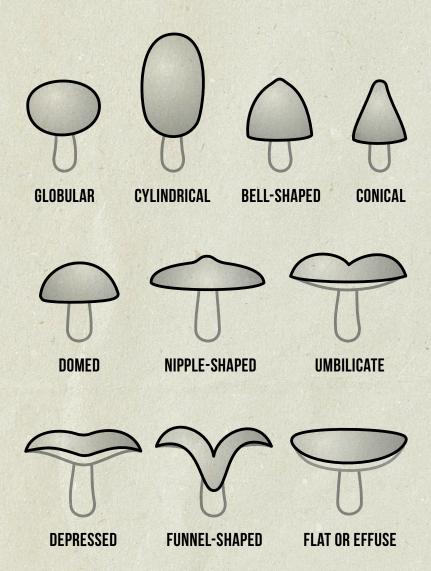
A GUIDE FOR BEGINNERS	11	
Our mushrooms, from harvesting to eating	14	
Some history	15	
Some history The boreal forest		
Native trees of the boreal forest	18	
A typical mushroom	26	
The nature of mushrooms	33	
The role and three categories of mushrooms		
The importance of the environment on the growth of mushrooms		
Microscopic and macroscopic mushrooms		
Harvesting: materials and strategies		
Identification		
Consumption		
Conservation	52	
Conclusion	56	
PART 2		
MUSHROOMS OF THE BOREAL FOREST	59	
Presentation	60	
Mushroom groups	62	
Deadly and toxic		
with gills		
with teeth		
with separable tubes		
with non-separable tubes		
with non-separable tubes with wrinkles with globular fruit hodies	159	
With globular fruit bodies		
with pits and ridges		
other types		
Medicinal mushrooms	191	
Cooked dishes		

BIBLIOGRAPHY	200
GLOSSARY	202
APPENDIX 1 Some questions and answers	204
APPENDIX 2 Harvest calendar	212
INDEX	214

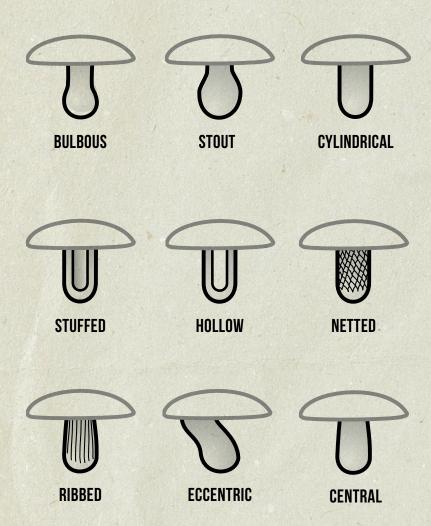




A GUIDE FOR BEGINNERS



STEMS





DESTROYING ANGEL

Amanita virosa Amanite vireuse



4–10 cm in diameter; first conical 1 and bell-shaped, then spread out and nipple-shaped 2, with shreds of the veil attached to the margin; pure white; glossy.



Free; close; uneven; white; flaky on the edges.



White; faint, unpleasant aroma.



 $8-20 \times 0.8-2$ cm, even or slightly enlarged at the base; smooth, somewhat fibrillous; with a white 3 membranous ring, folded, often torn, ending in a globular bulb inserted in a membranous lobed volva 4.



White.



Isolated or dispersed in mixed forests, especially under birches, sometimes present on lawns near homes where there are trees, in late summer and fall; mycorrhizal.



Deadly.



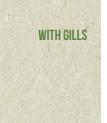
The boreal forest is the Destroying Angel's paradise. It has happened that individuals experienced in picking wild mushrooms have mistaken a Destroying Angel for a Smooth Lepiota and died. If this mushroom is accidentally eaten, it is urgently necessary to go to the hospital; however, even if treated, the liver may be destroyed and the kidneys seriously damaged. Destroying Angel is a mushroom to be identified and avoided.





Francine Fallara 🔺 V. Kelhetter 🔺





FRIED CHICKEN MUSHROOM

Lyophyllum decastes Lyophylle en touffe



5—12 cm in diameter; convex, nipple-shaped; smooth; white, greyish, or brownish; with a curved 1 then effuse margin; serrated or lobed 2.



Attached or subdecurrent 3; white or yellowish, then greyish.



Whitish, with an indistinct aroma and flavour.



 $5-10 \times 0.5-1.5$ cm; even or wider at the base; full; slightly fibrillous; whitish.



White.



In dense tufts on stumps or buried wood, in open areas, lawns, pastures, in summer and autumn; saprotrophic.



Good edible.



When the Fried Chicken Mushroom is cooked, it gives off an aroma of fried chicken, hence its English name.





Michel Ashby A

