

Wild Mushrooms

Code References: FDA Food Code 3-201.16 and IAC 481-31.1(4)

Iowa Administrative Code Chapter 481-31.1(4) allows the sale of specific wild-harvested mushrooms in Iowa. This rule affects the sale of wild-harvested mushrooms in three areas:

- **Food Establishments,**
- **Farmers Markets, and**
- **Sales from the Home**

Cultivated wild mushroom species are not covered in this rule. Cultivated wild mushroom species are generally treated as an agricultural commodity. Food Code Section 3-201.16(B).

HARVESTING AND SELLING WILD MUSHROOMS IN IOWA

Wild mushrooms are edible mushroom varieties, picked or foraged in the natural environment. Cultivated are mushrooms grown in controlled environments may be the same varieties as wild mushrooms.

The biggest risk related to foraging and using wild mushrooms comes from misidentifying the type or variety of mushroom. It is difficult to distinguish between wild mushrooms that are poisonous and those that are safe to eat. Mushroom poisoning may cause mild to severe illness, or death.

A certified wild-harvested mushroom identification expert may commercially sell **only specific** wild harvested mushroom varieties in Iowa.

DEFINITIONS

“Wild-harvested mushroom” means a fresh mushroom that has been found or foraged in the natural environment and has not been processed (e.g., dried or frozen). “Wild-harvested mushroom” does not include cultivated mushrooms or mushrooms that have been packaged in an approved food processing

“Cultivated mushroom” means a mushroom grown through a process in which the grower inoculates a substrate (logs, beds, straw, etc.) with a known strain or species of mushroom spawn in a dedicated space, whether outdoors or indoors, that is under the control of the grower, for the purpose of fruiting mushrooms.

“Certified wild-harvested mushroom identification expert” means an individual who has within the last three years successfully completed a wild-harvested mushroom identification training program provided by an accredited college, university, or state mycological society. The training program must include a component of actual identification of physical specimens or simulations of mushroom species. A document must be issued by an accredited college, accredited university, or state mycological society certifying the individual’s successful completion of the wild-harvested mushroom identification training program and specifying the species of wild mushrooms the individual is qualified to identify

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**Code References: FDA Food Code
3-201.16 and IAC 481-31.1(4)**

A FOOD ESTABLISHMENT, A LICENSED FARMERS MARKET VENDOR, OR A HOME OPERATOR (WITH IN-PERSON PICK UP SALES ONLY) MAY SELL OR SERVE WILD-HARVESTED MUSHROOMS PROVIDED ALL OF THE FOLLOWING ARE MET:

1. All wild-harvested mushrooms sold or served in the food establishment or farmers market are varieties classified as one of the following:	
Common name	Scientific name
Morel	<i>Morchella</i> spp. (<i>M. americana</i> , <i>M. angusticeps</i> , <i>M. punctipes</i>)
Oyster	<i>Pleurotus citrinopileatus</i> , <i>Pleurotus ostreatus</i> , <i>Pleurotus populinus</i> , or <i>Pleurotus pulmonarius</i>
Chicken of the woods	<i>Laetiporus</i> (<i>L. cincinnatus</i> , <i>L. sulphureus</i>)
Hen of the woods	<i>Grifola frondosa</i>
Chanterelle	<i>Cantharellus cibarius</i> group
Bear's head tooth, Lion's mane	<i>Hericium</i> spp. (<i>H. erinaceus</i> , <i>H. americanum</i>)
Pheasant back	<i>Polyporus squamosus</i>
Black trumpet	<i>Craterellus cornucopoides</i>

2. All wild-harvested mushrooms sold or served in a food establishment must be obtained from sources where each mushroom is individually inspected and found to be safe by a certified wild-harvested mushroom identification expert.
3. All wild-harvested mushroom species sold or served in a food establishment must have a written buyer specification that is retained for 90 days from the date of sale or service. The written buyer specification must include all of the following information:
 - a. Identification of each mushroom species by the scientific and common name;
 - b. Date of purchase;
 - c. Quantity by weight of each species received;
 - d. A statement indicating that each mushroom was identified in its fresh state and was not mixed or in contact with other mushroom species;
 - e. The name, address, and telephone number of the certified wild-harvested mushroom identification expert; and
 - f. A copy of the certified wild-harvested mushroom identification expert's certificate of successful completion of the program, including the date of completion.
4. A consumer advisory shall inform consumers by brochures, deli case, menu advisories, label statements, table tents, placards, or other effective written means that 'wild-harvested mushrooms should be thoroughly cooked and may cause allergic reactions or other effects.
5. This section does not apply to cultivated mushrooms or mushrooms that have been packaged in an approved food processing plant.