

BC MUSHROOMS: CULTIVATING GREATNESS

DID YOU KNOW?

BRITISH COLUMBIANS EAT MORE MUSHROOMS THAN MOST OTHER CANADIANS

UNDER CONTROL

BC growers help to reduce excess nutrient waste on local farms by using compost to cultivate mushrooms in controlled environments.

HANDLE WITH CARE

Mushrooms are delicate and need to be picked, trimmed and cleaned by hand. They are then graded, packaged, transported in chilled trucks, and shipped to markets within 24-48 hours of being picked.

FRESH AND AVAILABLE YEAR-ROUND

Fresh cultivated mushrooms are available year-round. Find them in the produce department at local grocery stores!

WHAT'S YOUR TYPE?

MOST COMMONLY CULTIVATED



White Button
(Agaricus Bisporus)



Brown
(Crimini)



Portobello
(Agaricus Bisporus)

CULTIVATED SPECIALTY

Shiitake, Oyster, King Oyster, and Enoki are gaining popularity. Specialty mushrooms are typically grown in bottles, on wood logs, or containers filled with sawdust.



IN BC, MOST MUSHROOMS ARE GROWN IN THE LOWER MAINLAND AND ON VANCOUVER ISLAND



ABOUT **95%** OF CULTIVATED MUSHROOMS ARE SOLD FRESH. THE REMAINDER ARE SOLD PROCESSED, EITHER CANNED OR DRIED.

BC MUSHROOMS: ON THE WILD SIDE

DID YOU KNOW?

MOST PEOPLE BUY MUSHROOMS FROM THE GROCERY STORE



FALL FORAGING

Large crops are amongst the first organisms to reappear in spring after a forest fire. Because of this, pickers follow the paths of fires from the previous year to find and harvest certain types of mushrooms.



DISTRIBUTION

Most mushrooms are picked by mushroom harvesters who sell directly to buyers at mobile buying stations or established depots where they are then weighed, graded, transported, and distributed.

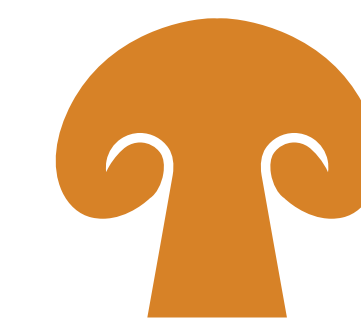
BC wild mushrooms are normally sold directly to chefs and at farmers' markets. Some wild mushrooms make it to the grocery store, while others are sold to brokers for further sale and distribution.



COMMON EDIBLES

The most common edible mushrooms that grow in the wild are:

- puffballs
- morels
- truffles
- chanterelles
- pine mushrooms
- chicken of the woods
- bearded tooth
- coral
- oyster
- boletes
- shaggy mane



THERE ARE ABOUT **60** WILD, EDIBLE, GOURMET MUSHROOMS LOCATED IN BC



MANY WILD SPECIES ARE POISONOUS. PLEASE BE CAREFUL WHEN PURCHASING WILD MUSHROOMS AND ENSURE THAT YOU'RE PURCHASING FROM A REPUTABLE SOURCE!