

*Mushrooms... Nice to look at,  
but not always good to eat*



Fairy tale written by  
Francesca Assisi



*Mushrooms... Nice to look at,  
but not always good to eat*

*do not take risks: learning to know*

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*Once Upon a Time.....*





*In Roccabisaccia castle it is a day of great celebration,  
everybody is happy because finally peace has been  
made with the neighbours, after a 10 year war.*



*King Baldassare wants to organise a big feast with yummy and memorable dishes...*

*He calls princess Cloe.....*





*King* “My dear, what could we cook to really surprise our neighbours?”

*Cloe:* “Our forest is full of delicious things.... what do you think about gathering some wonderful mushrooms? We can eat them raw in a salad, fried with pasta and as a side dish with roasted meat“

*King:* “Great idea!! Surely they have never eaten such a good meal before and will be enthusiastic“

*Cloe:* “Well, I will go into the forest soon and I will be back with a huge basket full of mushrooms of every kind“

*King:* “Pay attention not to collect poisonous mushrooms. Please, be careful; otherwise everybody will get an unforgettable stomachache...”

*Cloe:* “Saltellino will help me, surely he knows wild mushrooms very well. He has been collecting them for many years!”



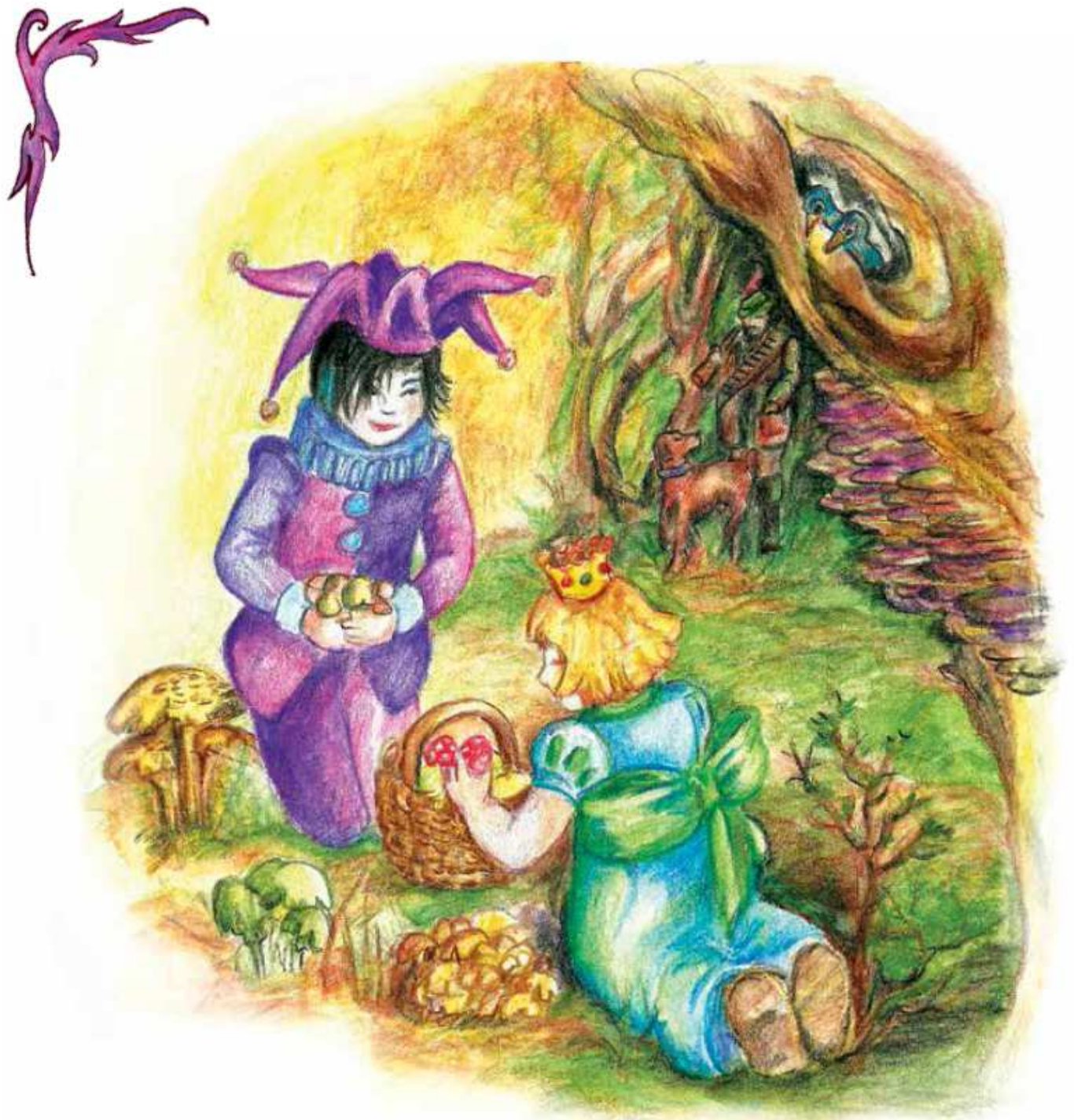


*No sooner said than done,  
Cloe calls Saltellino and they go into the forest all together...  
Immediately they notice a lot of mushrooms, one more  
tempting than the other ...*

**Cloe:** *“How many mushrooms there are here! Do you think they  
are edible ?”*

**Saltellino:** *“Yes, of course. They look so colourful, healthy and cute,  
They can not be poisonous! Look can you see that tree?  
Last year I gathered a massive basket of mushrooms under  
that tree and it was an excellent meal.  
So no worries, this year they will be delicious too”*





**Cloe:** *“I don't know, my friend! I am not so sure about this red mushroom with white dots...”*

**Saltellino:** *“What are you saying? Look at it ! It is so cute and smells nice (he points *A. phalloides*) and there are a lot of different kinds... and in a trice we can fill up the basket and stuff our belly”*

*They fill up the basket... but in the distance, someone is observing them!*

*The forester comes...*



*Forester:* “Dear princess, what are you doing? “

*Cloe:* “We are gathering a lot of mushrooms to prepare dinner for our guests! Look at those, they are so nice! “

*Forester:* “Do you think the King wants to make his guests sick? My dear do you know that this kind of mushroom is really poisonous? They seem edible but they can kill you”

*Cloe:* “...Saltellino said that they were edible and he ate these mushrooms last year too...”

*Forester:* “Certainly he didn't eat this kind, otherwise he would not be here now! Saltellino, you are not an expert just because you are used to gathering mushrooms. Do you know that in the forest there are many poisonous mushrooms that are very similar to the edible ones? “

*Forester empties the basket*



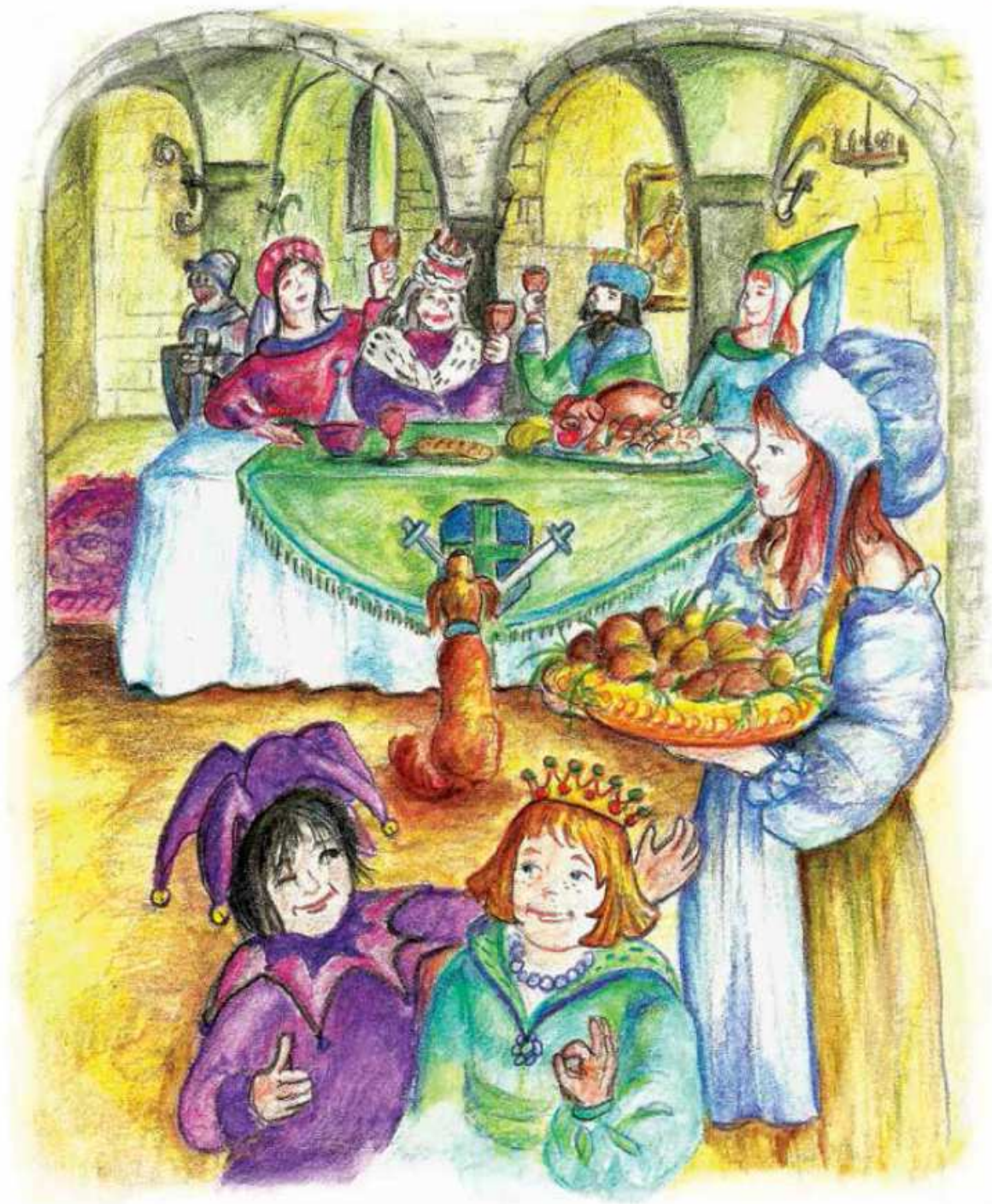


*Forester:* “Let's go, come with me, we are going to check carefully each mushroom that we gathered to be sure that everybody is going to be fine and happy during the party”

*The forester fills up the basket only with edible mushrooms!*







*And at the dinner table ... .. Everyone's happy !!!*



*Characters and performers: who are they in real life?*



*King Baldassarre:*

*is a careful and wise person who cares about health and wants to be sure to eat edible mushrooms*

*Princess Cloe:*

*is the improvised mushroom gathered, very naïve, who trusts the supposed expert's tips but risks eating lethal mushrooms.*





### *Saltellino:*

*is a very dangerous person because he is superficial: he thinks he knows everything about mushrooms but he is not an expert at all.*

### *Forester :*

*represents the Mycologist, the real mushroom expert, he can check the edibility and suggest how to prepare them in the right way*

*Only in this way you can avoid all the risks involved in mushroom ingestions!*





## GOOD Vs. POISONOUS MUSHROOMS



***Amanita caesarea***  
(Ovolo buono)



***Amanita muscaria***  
(Ovolo malefico)





***Russula virescens***  
(Colombina verde, verdone)



***Amanita phalloides***  
(Tignosa verdognola)







***Boletus edulis***  
(Porcino)



***Boletus satanas***  
(Porcino malefico)





***Macrolepiota procera***  
(Mazza di tamburo)



***Amanita pantherina***  
(Tignosa bigia)





# *MUSHROOM INTOXICATIONS.*

## *Useful information for adults:*

### **TIPS FOR GATHERERS**

- Only some species are edible: indiscriminate gathering causes ecosystem damage!
- Wild mushrooms must be gathered whole and they must not be rotten
- Gathered mushrooms have to be carried in rigid and aerated containers (for example in wicker baskets) where the spores can be dispersed. In this way you can avoid serious intoxications due to compression, fermentation and rotting phenomena.
- Do not gathered mushrooms close to polluted areas.( for example: dumps, main highways etc).
- Do not trust presumed “experts”; mushrooms have to be checked by the local ASL Mycological Department:  
The service is free of charge.

### **TIPS FOR CONSUMPTION**

- Empirical methods such as garlic trials, silver coins etc. do not work for confirming whether a mushroom is edible or poisonous.
- Cooking, drying or other methods do not change the toxicity of some lethal mushrooms such as Amanita phalloides and others.
- All mushrooms have to be eaten well cooked because they are barely digestible or even poisonous when they are raw: the honey fungus (Armillaria mellea), for example, is toxic if you do not boil it for at least 15-20 minutes before consumption. Boiling water has to be eliminated before the final use.
- Who should not eat mushrooms? Children, pregnant women, people with drug intolerance or sickness.

### **TIPS FOR BUYING FRESH WILD MUSHROOMS AT THE MARKET**

- You have to verify, on the mushroom box or packaging, the presence of a label certifying that the mycological check has been carried out by the ASL Mycological Department. If there is no label, do not buy it and inform the food safety authorities about it (Health Inspectors, ASL Prevention Technician, N.A.S. etc).



## ***FOR MORE INFORMATION***

- **Poison Control Centre of Milan (PCC) 02/66101029**  
**[www.centroantiveleni.org](http://www.centroantiveleni.org)**
- **Other PCC ([salute.gov.it](http://salute.gov.it)) -**  
**<http://goo.gl/R7yoes>**
- **Inspectorate of Mycology: ([salute.gov.it](http://salute.gov.it)) -**  
**<http://goo.gl/SzUaJd>**
- **Food and nutrition safety Service (S.I.A.N.) of ASL**  
**SIAN Milan: 02/85789768 - 02/85789764**



Wild poisonous mushrooms are very similar to wild edible ones: don't eat them, if they have not been checked by a professional mycologist.



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