

Sauteed in butter with garlic, Chanterelles can be served over pasta and make a delicious dinner.

Chanterelles are high in Vitamin A, which aids in night vision. This can be very helpful here, especially if you do not have a flashlight!

This species is one of the most concentrated natural dietary sources of Vitamin D, and keep the level of the vitamin even when dried for up to 6 years,

Chanterelles are best preserved by canning or freezing. When reconstituted after drying, the mushroom can be rubbery and chewy.



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Sustainable Harvest of Chanterelle Mushrooms (*Cantharellus cibarius*)





Background

Chanterelle mushrooms grow worldwide and are a delicious wild edible that can be found in coniferous, deciduous and mixed forest types.

In countries throughout Europe, the production and harvest of wild mushrooms has been on the decline. This is the result of air pollution, short timber rotations, clearcutting, depletion of soil litter layers and excessive mushroom harvests.

For more information check out *Ecology and Management of Commercially Harvested Chanterelle Mushrooms* by Pilz, L. Norvell, E. Danell, and R. Molina

Ecological Function

Chanterelles live symbiotically with host trees and forming fungus roots (mycorrhizae).

This relationship provides the mushrooms with carbohydrates needed for growth and reproduction. It provides the trees with a greater root mass for absorbing water and minerals. Chanterelles need trees and woody debris to grow and thrive and serve as a decomposer in forests.

Like other fungi, Chanterelles break down dead plant matter and turn it into soil from which growing plants get their nutrition. Our forests need mushrooms and other fungi to be healthy and resilient.



Sustainable Harvest

Just as with all of the gifts that the forest provides, we must not take anything from nature for granted.

What we call mushrooms are in fact the fruiting bodies of a Chanterelle mycelial colony.

A general rule of practice is to leave enough of a Chanterelle patch so that it can continue to propagate. People who harvest wild edibles will harvest between 10-15%, but never exceeding that limit. It is in one's own interest to use sustainable practices to ensure regeneration and harvest in years to come. If someone harvesting ever asks the question,

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Am I taking too much?” then the answer is “Yes”.

Propagation

In the forests of eastern North America, Chanterelles grow along oak, beech, birch and a number of different coniferous trees.

Although not backed by science, a popular technique for establishing new mushroom patches is for harvesters to take old Chanterelles and spread them to similar habitats that the mushrooms were found in. This is done to spread the spores. Chanterelles produce spores continuously for a month or two, so when propagating, be sure to collect mature fruit bodies.

