



Wild Mushrooms Foray



Our guided mushroom forays will take place in the Crown Land forests or nearby forests, depending on the group's experience. It could be up to three (3) hours' drive from Newmarket. Transportation to and from the site will be your responsibility, and we will be meeting on location at appointed time, so please plan accordingly.

Children are welcome on the forays. It's great to start learning about wild edible plants, mushrooms, and respect for nature as early as possible. Children under 16 must be accompanied by an adult (a parent or a guardian) and they are that person's responsibility. Please make sure your kids can handle the long day and a walk in the woods, so they and you both can enjoy this experience. Foray may last from 2 to 4 hrs.

Directions to the foray site will be emailed to you a few days before the foray date. Upon arrival, please find the foray leader to sign in and ask any questions. The foray leader needs to have an accurate headcount at the foray beginning point.

We will have a short orientation explaining the plan for the walk and some basic ground rules. Then we are going to look for mushrooms. We are expecting to spend from 2 to 4 hours in the woods, after which we will meet back at the parking spot. Always be sure to let someone know if you leave early.

Foray Dates:

Guided Foray Only: **July 29, August 19, September 9, 23, October 14**

Foray and cookout at Villa Vida Loca Farm in Sunderland, ON: **May 27, August 26, September 16, 30, October 21.**

Spaces are limited. Please book early.

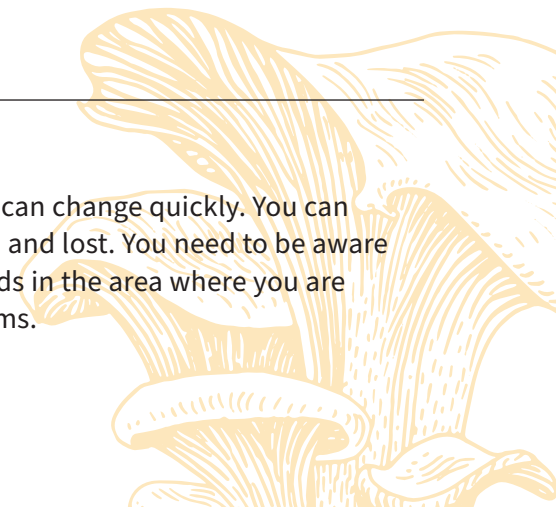
Visit: <https://wildcaught.ca/wild-mushrooms-foray.php>



Please Read Carefully the Information Below

Whether it's your first time in the woods, or if you're an experienced mushroom hunter, you need to bring along some basic tools and be prepared for the unexpected. Emergencies happen, and the more prepared you are, the better you can deal with them.

Weather conditions can change quickly. You can become disoriented and lost. You need to be aware of the natural hazards in the area where you are collecting mushrooms.

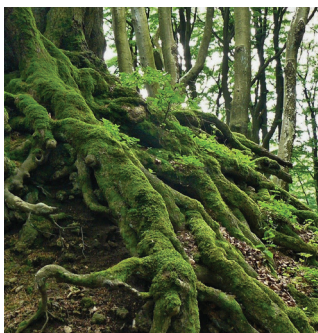


Hazards

Being in the woods can present hazards that we don't normally encounter. It's your job to be aware of your surroundings and be ready to act when something happens. Be aware of wild animals (they will try to avoid you, but can be a danger if they are spooked), ticks and mosquitoes (they will be very happy to see you in the woods and eat you alive. Be sure to take bug spray or any other bug repellent). Use a bug spray that contains DEET to repel ticks. Check yourself or ask someone to check you for any ticks after the foray.



Be aware of poison ivy. Wash all your clothes and give yourself a good scrub in the shower when you come home. Oil from poison ivy, if left on your clothes, can reinfect you. It can stay for up to 5 years on the clothes if not properly washed off.



Forest all around. We will lead the guided foray on the trails as much as possible. But mushrooms don't always grow near the trails. So we will venture in to the woods without trails and with branches big and small on the floor,

as well as roots, rocks, water, brambles and other obstacles. Be prepared for that as walking in the woods is much more challenging than walking on trails. But if you are hunting for mushrooms it could be very rewarding. You've got to watch out for falling or hanging branches that can fall. Please pay attention!

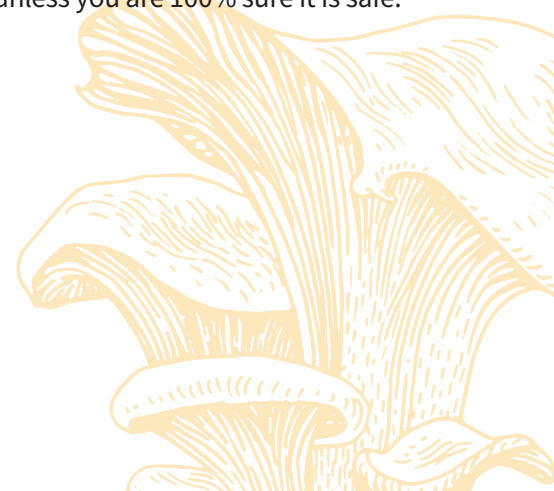
All participants will be asked to sign a waiver form at the meeting point before the foray starts.

Please note that an Acknowledgment that you are aware of the risks involved with a foray and are willing to assume them in return for the experience must be signed and received by Wildcaught before the foray begins. If we do not receive this document, we reserve the right to refuse your participation and we will issue a full refund. We look on this as the terms of engagement or understanding between Wildcaught and participants. On our side, we shall strive to do all to make this as enjoyable, informative and safe an experience as possible. That said, there are some perils inherent in forays into nature to collect mushrooms as well as in their identification for eating purposes. Among such perils must be recognized the possibility of human error, no matter how knowledgeable and well intentioned the individual. While we try to prevent such possibility, we can neither deny its existence nor guarantee its absence. By signing the Acknowledgment, you also acknowledge this possibility and agree to accept responsibility for it in return for the experience. Please read and understand it first.

We are not the only ones in the outdoors; in addition to other human beings (e.g. hunters during the hunting season), there are animals, small and large, that may pose a potential threat. Again, by signing the Acknowledgment you indicate your awareness and acceptance of this possibility as a potential risk you are willing to assume in return for the foray experience.

Respect the trees, plants and mushrooms, the surrounding environment, wildlife that may have a dependence on with what you are taking, other people and their property. Never pick more than you can use and always leave some behind.

Never eat anything unless you are 100% sure it is safe.



What to bring

- A basket or some container to put the mushrooms you find (Reusable or paper grocery bags or even a day pack work in these situations. A paper bag, like LCBO bags work great). Bring several paper bags so you can separate different mushrooms. **No plastic bags - mushrooms deteriorate in plastic bags very fast.**
- Water
- Knife
- Bug repellent (spray with DEET also good protection from ticks)
- Brush (optional, but great for cleaning dirt from the mushrooms)
- Whistle (in case you get separated from the group)
- Camera (you can use your phone too)
- A notebook and a pencil to take notes
- Compass, in case your phone runs out of battery or we are in No Service area
- Power Bank to charge your phone, if you have it
- A walking stick, if you like (I find they get on my way or I forget them in the forest all the time. Also, you'll probably find one in the forest)
- Protein rich snacks, i.e. nuts, powerbar, sandwiches, etc.
- More water
- Sunscreen
- Rain gear (and change of clothes)
- Hand lens maybe useful for observation



We recommend getting Gaia GPS app on your phone.

We use it all the time. Very helpful in case you need to retrace your steps.

Also, it can be used without any data service.

We can explain how if you need help.

What to wear

- Hiking boots or rain boots, basically sturdy, comfortable, waterproof footwear
- Long pants - very often you are going to be walking through Poison Ivy areas or some brambles
- Socks that cover your ankles
- Long sleeve shirt preferable, but not really necessary - up to you
- Mosquito net if you have one
- A hat or a bandana
- Rain jacket, if the weather is wet.

Happy Hunting!



Julia Tchervova

Forager

C: 647-685-7107

julia@wildcaught.ca

John Caswell

Forager

C: 416-432-3179

jec@wildcaught.ca

