

CARE AND HANDLING OF MOREL MUSHROOMS

The morel mushroom is one of the most delicate mushrooms. They should be handled with extreme care while harvesting.

First, pinch or cut mushrooms at ground level leaving root (mycelia) in the ground. Carefully tap or blow on the sponge like cap to loosen any spores for next years crop. Place gently into a soft mesh bag, such as an onion bag, allowing the spores to fall to the ground. Using plastic bags for harvesting creates condensation, heat build-up, and bacterial growth, causing rapid breakdown of the mushrooms.

The mushrooms should be refrigerated as soon as possible in a cooler or refrigerator. Morels should only be soaked right before they are prepared for cooking. Save the water and pour it outside to “plant” new mushrooms. The water will be full of spores. A good rule of thumb to follow is: **The less handled the better!**