

Foraging Mushrooms for Retail Sale

May 2025

If you forage or harvest wild mushrooms, this guide will help you understand requirements for selling to restaurants as an approved source, expectations for record keeping and which types of mushrooms you can sell.

If you need help accessing or understanding this information, contact FoodLodging@vermont.gov.

Key Points

- **You must take a course certifying that you can safely identify edible mushrooms.**
- **You must maintain accurate and current records.**

Qualifications



To sell foraged mushrooms in Vermont, you must be trained to safely identify and harvest local mushroom species. Education or training must be for the region where you are foraging. Examples of appropriate training could include:

- [Certification from Mushroom Mountain.](#)
- You may be able to use a mushroom foraging certification from a neighboring state. [Go to New Hampshire's website for more information.](#)
- Other certifications will be considered on a case-by-case basis (for example, foraging courses offered by regional colleges or universities).
- Foragers are expected to follow best safety practices when harvesting and storing mushrooms to reduce the risk of contamination from environmental pathogens or toxins.

Recordkeeping

What to include on sales receipts:



- Your name and contact information
 - If someone other than you sells the mushrooms, this must be indicated clearly on the sales receipt.
- Both the common and Latin names of the mushroom
- Harvest date
- Weight



HealthVermont.gov/Food-Lodging
802-863-7220



- Approximate location
- You are encouraged to include your foraging certification.

Produce Safety

Certain activities are regulated by the Agency of Agriculture, Food and Markets.



- Commercial mushroom foragers are considered “produce farms.”
- Foragers selling more than \$25,000 a year should contact the Produce Safety Program to review regulatory requirements at agr.produce@vermont.gov or 802-828-2433.

What to keep in your files:

- A foraging record that details locations, species and the amount you harvested
 - This is so you can be notified to stop harvesting at a certain location in the event of a recall.
- Sales records for at least 90 days after the sale

List of Species Commonly Identified for Foraging and Selling



- Morel – *Morchella americana* or *Morchella angusticeps*
- Chanterelle – *Cantharellus enelsis*
- Black Trumpet – *Craterellus fallax*
- Bears Head/Lion’s Mane – *Heridium americanum*
- Oyster Mushroom – *Pleurotus ostreatus*
- King Bolete – *Boletus edulis*
- Hen of the Woods/Maitake/Sheep’s Head – *Grifola frondose*
- Cauliflower – *Sparassis spathulate* or *Sparassis americana*
- Lobster – *Hypomyces lactifluorum*
- Jelly Ear – *Auricularia americana*
- Depressed Hedgehog – *Hydnum umbilactum*
- White Hedgehog – *Hydnum albidum*

- Beefsteak Polypore – *Fistulina hepatica*
- Reishi – *Ganoderma lingzhi*
- Chaga – *Inonotus obliquus*
- Turkey Tail – *Trametes versicolor*
- Chicken of the Woods – *Laetiporus sulphureus*

More Information

Find more information to help you forage safely and become certified to sell foraged mushrooms in Vermont:

- [Regulatory Guidelines for Wild Harvested Mushrooms \(Association of Food & Drug Officials\)](#)