

# Foraging Safety

Practical skills

The rules that make foraging safe, and the ones that are absolute.

*Educational reference. Several deadly species closely resemble edible ones.*

## Absolute rules

100% certain identification, or do not eat it

Apps and photographs are not sufficient

Learn from an expert in person

Learn the dangerous lookalikes first

Try a small amount of anything new

## Also

Avoid roadsides and sprayed land

Know local access and picking laws

Take only what you will use

Never pick rare species

## Highest risk

Fungi — several deadly lookalikes

Umbellifers — hemlock resembles edible species

Berries — many are toxic

Educational reference. Death cap mushrooms resemble several edible species and are frequently fatal. Fungi need expert identification.