

State forests are working forests. Did you know that enough timber is harvested from pine plantations in NSW to build one quarter of the houses constructed in Australia each year?

Trucks and machinery are often present in the forest and for your safety, access to some areas is restricted.

These are some of the signs you may see while mushrooming in the forest. Please obey all Forestry Corporation signs to ensure you have a safe trip.



## Contact us



### Oberon Visitor Information Centre

Corner Ross Street and Edith Road  
Oberon NSW 2787

Ph: (02) 6329 8210  
[www.oberonaustralia.com](http://www.oberonaustralia.com)  
[tourism@oberon.nsw.gov.au](mailto:tourism@oberon.nsw.gov.au)



### Forestry Corporation of NSW

Statewide Information Line  
Ph: 1300 655 687  
[www.forestrycorporation.com.au](http://www.forestrycorporation.com.au)

### Forestry Corporation of NSW – Northern Softwood Region

Panorama Avenue  
Bathurst NSW 2795  
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# Mushrooms in NSW State Forests



PHOTO: JAY DAH

[www.forestrycorporation.com.au](http://www.forestrycorporation.com.au)



# How to enjoy your day out mushrooming in Forestry Corporation of NSW pine plantations

## Start safe

Let someone know which forest you are planning to visit and when you expect to be back. Be prepared and take enough food and water. Wear appropriate clothing and be visible at all times. Ensure you have knives for cutting the mushrooms and containers to store mushrooms so they do not get bruised. Be aware that mobile reception is limited in the area outside of the Oberon township.

## Signs and roads

When in the forest, look out for forest signs and follow directions. Fines can apply for entering restricted areas. State forests are working forests with machinery and logging trucks often on the roads.

## Setting up camp

Park off the road safely. Lock your car and ensure valuables are out of sight. Keep your campsite secure. Abide by Rural Fire Service fire regulations and be aware of bushfires. Don't camp under dangerous trees. Take your rubbish home with you or put it in the bin.

## Which mushrooms to pick

There are two types of mushrooms recommended to pick - Saffron Milk Cap (*Lactarius deliciosus*) and Slippery Jack (*Suillus granulatus*). These are easy to identify. Other mushrooms should not be picked as they may not be safe to touch or eat. The Oberon Information Centre rule is do not pick anything with white caps, white stems or that has white dots.



## Saffron Milk Cap

Bright orange colour with concentric rings on top of the mushroom and an indentation in the centre. The stem is hollow when cut. The orange gills bruise a green colour when touched so handle with care. These can be stored in the fridge for up to a week.

## Slippery Jack

Bright yellow pores on the underneath of the mushroom. When moist, a slimy clearish brown gluten forms on the cap. The pores are covered by a white membranous veil when

young, or pale yellow to bright yellow when older. These mushrooms are suitable for frying but will not keep. They can be dried and used later in soups and stews. These should be peeled before being cooked as the slimy cap may cause gastric upsets.

## Know your mushrooms

- If in doubt throw it out.
- Poisonous mushrooms will cross contaminate the good mushrooms.
- Don't mix the mushrooms – put the 'uncertain' mushrooms in a different container.
- If unsure of what mushrooms you have picked, check with the staff at the Oberon Visitors Information Centre.
- Clean mushrooms by wiping them with a damp cloth.
- Look online for suitable mushroom recipes.

Front cover image: Saffron Milk Cap mushrooms. Photo by Lynne Causer.  
Below: Saffron Milk Cap mushrooms. Photo by Lynne Causer.

Below: Saffron Milk Cap mushrooms. Photo by Lynne Causer.

Below: Slippery Jack mushrooms. Photo by Lynne Causer.

