

## Visiting forests

State forests are working forests, where enough timber is harvested from NSW pine plantations to build one quarter of the houses constructed in Australia each year. Logging 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 in the forest.*

## Stay safe and follow the rules

- 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.
- Be aware that mobile reception is limited in many forest areas.
- When in the forest, look out for forest signs and follow directions. Fines can apply for entering restricted areas.
- Park off the road safely. Lock your car, secure your campsite and ensure valuables are out of sight.
- Be mindful of overhead hazards and don't camp under dangerous trees.
- Take your rubbish home with you or put it in the bin.
- Abide by Forestry Corporation and Rural Fire Service fire regulations. Report bushfires to 000.

## Permits

Large organised events and commercial activities (including tours and classes) held in State forests may require a permit. For further information check our website or contact your local regional office.



## Contact us

**Forestry Corporation of NSW**  
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  
Ph: (02) 6331 2044



Visit NSW State Forests



#visitnswforests



Visit NSW State Forests

*This publication was developed with advice from  
Royal Botanic Gardens Victoria.*

FCNSW0556 05/19 Slippery Jacks and Saffron Milk Cap images by Lynne Casner.



# Mushrooms in NSW State forests



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



# Mushrooming in NSW State forest pine plantations

Wild mushrooms are often found in the undergrowth of pine plantations.

NSW Health do not recommend picking and eating any wild mushrooms as some species can cause

poisoning including liver and/or kidney failure. Effects may be delayed and deaths have occurred.

This information is provided to assist people who despite this warning do choose to pick mushrooms. If you become unwell after eating wild mushrooms call the Poisons Centre on **13 11 26**.

## Mushroom types

There are two types of mushrooms commonly found in pine plantations – Saffron Milk Cap (*Lactarius deliciosus*) and Slippery Jacks (*Suillus luteus*, *S. granulatus* and *S. quiescens*).

Mushrooms are most plentiful in autumn after rain.

### Saffron Milk Cap

Saffron Milk Caps are a bright orange with darker concentric rings on top of the cap and have an indentation in the centre. The stem is hollow when cut. The orange gills exude an orange milky latex and bruise a green colour when touched so handle with care.

### Slippery Jacks

Slippery Jacks are mushroom-shaped with yellowish pores on the underside of the cap and a slimy layer on the cap surface. The flesh does not stain blue when cut. There are several species of Slippery Jacks in Australia, all associated with exotic pine trees. *Suillus luteus* has a white membranous veil covering the pores when young, leaving a ring on the stem. *Suillus granulatus* (stem with fine dots) and *S. quiescens* (short stem) lack a ring. Before cooking, caps of Slippery Jacks should be peeled. The slimy layer may cause contact dermatitis, or an allergic reaction when eaten.

Care should be taken to properly identify mushrooms and remember, all wild mushrooms pose a risk.

## Collecting mushrooms as safely as possible

It is important to remember that eating wild mushrooms can cause poisoning. If you are picking and eating mushrooms follow these tips for safer collecting:

- Poisonous mushrooms can contaminate edible mushrooms. Don't mix the mushrooms – put the 'uncertain' mushrooms in a different container.
- Only collect what you will use within 24 hours. Mushrooms don't store well and should be properly prepared before cooking.
- Clean mushrooms by wiping them with a damp cloth.

**IF IN DOUBT THROW IT OUT**

