

Foraged Mushrooms in Restaurants

May 2025

If your restaurant plans to have foraged local mushrooms on the menu, follow this guidance to keep customers safe.

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

Sourcing Mushrooms

If you offer foraged mushrooms on your menu, **your public health inspector will ask about their source.**

- Only accept foraged mushrooms in good condition, as with any produce order.
- Make sure your forager has the required training and maintains a copy of their certification or license number. [Mushroom Mountain certification](#) and the [State of New Hampshire foraging license](#) are approved trainings. Other trainings are approved on a case-by-case basis.

Key Points

- **Only purchase from a qualified forager.**
- **Maintain purchase records for at least 90 days.**
- **Refrigerate mushrooms at 41°F or below.**
- **Foraged mushrooms should not be consumed raw.**

Recordkeeping

- Keep the name of your supplier and the name of your forager, if they're different.
- Keep a record of the types of mushrooms you purchased and the dates of purchase.
- Maintain your records for at least 90 days.



Storage & Service

- Keep your mushrooms refrigerated at 41°F or below.
- Store in a container with good airflow.
- Foraged mushrooms served in your restaurant must be cooked. Many foraged mushrooms may cause illness if eaten raw.



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