

Preserve It: Canning Basics



(Not) Canning Wild Mushrooms

BUTTON MUSHROOMS YES; WILD MUSHROOMS NO

Mushrooms are a low-acid food. To be safely canned, they must be properly acidified (pickled) or processed in a pressure canner.

There are other safety considerations as well: Only domestic button mushrooms may be safely canned. Wild mushrooms (whether wild foraged or purchased from a commercial entity) are not safe to can.

Why? Wild mushrooms may have toxins that won't be destroyed during canning. Additionally, they have density and texture differences that could impact the safety of the canned product.

For these reasons, **choose only domestically grown button-type mushrooms when canning.** Other edible mushrooms may be preserved by freezing or drying.

For further information on canning, visit the National Center for Home Food Preservation (NCHFP) at nchfp.uga.edu or contact your local Cooperative Extension office.

Brought to you by the UCCE Master Food Preservers of El Dorado County
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