



Destroying angel

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Amanita virosa

(Norwegian: Hvit fluesopp)

The entire mushroom is white (cap, stem, gills and flesh). On the stem there is a ring, but this might fall off. The base of the stem has a sheathing volva (bag). The mushroom is common in woodland.



Death cap

Death cap

Amanita phalloides

(Norwegian: Grønn fluesopp)

The colour of the cap can vary from green to brown and yellow. The gills and the stem are white. On the stem there is a ring, but this might fall off. The base of the stem has a sheathing volva (bag). The mushroom is rare.



Funeral bell

Funeral bell

Galerina marginata

(Norwegian: Flatklokkehatt)

The cap and gills are yellow–brown. The stem varies from grey to brown. This is a small mushroom, usually found in clusters on bark and tree stumps. The mushroom is common.



Deadly webcap

Deadly webcap

Cortinarius rubellus

(Norwegian: Spiss giftslørsopp)

The entire mushroom is reddish-brown (cap, stem, gills and flesh). This mushroom is common in woodland.



Fool's webcap

Fool's webcap

Cortinarius orellanus

(Norwegian: Butt giftslørsopp)

Looks like the deadly webcap, but has a rounded cap. This is a rare mushroom growing in deciduous forests.



Deadly webcap and Trumpet chanterelle

Dangerous misidentification

Deadly webcap grow in the same places as the edible Trumpet chanterelle (*Craterellus tubaeformis*), and the two species are similar in colour (see photo). It is important to check each individual mushroom you collect to make sure the deadly webcap does not get mixed in with any edible chanterelles you find.

Toxicity

Even very small amounts of these three mushrooms can cause severe poisoning. After a minimum period of 6 hours, an explosive, watery diarrhoea, abdominal pain and vomiting starts. There is a high risk of life-threatening liver damage within 2 - 3 days. If you suspect you have ingested this mushroom, contact the Norwegian Poison Information for advice regarding further follow-up.

Toxicity

Even a very small amount of the two webcaps contains enough poison to cause severe kidney damage. The symptoms of poisoning do not appear until minimum 2 days later consisting of nausea, abdominal pain, malaise and increased or reduced amount of urine. There is a high risk of developing severe kidney failure within a period of 3 – 10 days. If you suspect you have ingested this mushroom, contact the Norwegian Poison Information for advice regarding further follow-up.

Red fly agaric/brown fly agaric/panther cap
Amanita muscaria var. *muscaria* / var. *regalis* / *pantherina*

(Norwegian: Rød / Brun / Panter fluesopp)

These mushrooms have white gills and a stem with a ring. The base of the stem is bulbous. The cap is reddish or brownish in colour, usually with white spots.



Toxicity

These three agaric mushrooms contain a toxin that affects the nervous system. The symptoms usually appear within a period of ½ - 3 hours after ingestion. Small amounts ingested may cause confusion, dizziness and stomach upsets. Poisoning is rare, but ingesting a larger amount can cause muscle tremors and other symptoms requiring hospital treatment.

Brown roll-rim

Paxillus involutus

(Norwegian: Pluggsopp)

This mushroom has a brown cap with an inrolled rim, brown stem and gills that become dark when applying pressure. Brown roll-rim is very common.



Toxicity

Brown roll-rim contains several different toxins and can produce varying symptoms. Vomiting, diarrhoea and abdominal pain may occur ½ - 3 hours after ingesting raw mushrooms. Following repeated ingestion of heat-treated Brown roll-rim there have been observation of serious poisoning with damage to blood cells and kidneys.

Orange birch bolete

Leccinum versipelle

(Norwegian: Rødskrubbe)

This bolete has a reddish-brown cap and black scales on a white stem. The flesh of the mushroom darkens when cut. The mushroom is common throughout the country.



Toxicity

Orange birch bolete is edible if heat-treated for a minimum of 15 minutes. Orange birch bolete that has not been heated sufficiently is probably the mushroom that causes most cases of stomach upsets in Norway. Nausea, vomiting, diarrhoea and abdominal pain typically occur a few hours after ingestion. The symptoms usually pass within 1-2 days. Ingestion of large amounts may cause severe gastric distress and require hospitalisation.

Photo: Per Marstad

Poisonous mushrooms in Norway



Edible mushrooms, inedible mushrooms and poisonous mushrooms all grow in the forest. Some of the most poisonous mushrooms that grow in this country can be very similar to the edible mushrooms in other countries. Contact the Poison Information if you suspect poisoning.

Good advice when picking mushrooms:

- Only eat mushrooms you are 100% sure are safe.
- Never try to taste an unknown mushroom! Even a poisonous mushroom can have a mild flavour.
- Use up to date literature on mushroom.
- Throw away all worm-eaten or rotten mushrooms.

Norwegian Poison Information
 Norwegian Institute of Public Health
 Tel.: 22 59 13 00 (24-hour emergency service)
www.giftinfo.no

The brochure was prepared by the Norwegian Poison Information (www.giftinfo.no). An extended brochure in Norwegian can be downloaded from the homepage.
 Norges sopp- og nyttevekstforbund, Norway's mushroom and edible plant federation, (www.soppognyttevekster.no), organises mushroom courses.