

fabulous fungi

interested in
foraging in san
francisco?

take classes on
mushroom and seaweed
foraging! learn about
wild edible plants
with *ForageSF*

explore mushroom
identification,
cultivation, and
culinary opportunities
with the *Mycological
Society of San
Francisco*

mushroom medicine health benefits!



lion's mane

the mushroom of the
mind! helps with
healthy brain
function

**reishi
mushroom**



the mushroom of
immortality! supports
the immune system,
stress, and lung
health



**turkey tail
mushroom**

a natural immune-
booster!

The San Francisco Bay
Area is home to a
plethora of native
fungi. Here are a few!

chanterelle



*Cantharellus
Cibarius*,
commonly known as
chanterelle, is a
orange funnel-
shaped fungus!

shaggy mane

Tremella Mesenterica,
or witch's butter, is
a common jelly fungus
and a parasite of
wood decay.



boletes

Boletes are a family of
mushrooms, characterized
by developing their small
pores on the underside of
the mushrooms.



yummy mushrooms so versatile! so fun!

**enoki
mushrooms**



great with
noodles, in
soup, or
stir fried
with rice

portobellos

awesome as
hamburger
patties (they
are also just
awesome in
general)



**oyster
mushrooms**

use them for
vegan shawarma!

