



Sustainable mushroom harvesting guide

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Wild Edible Mushrooms and Ways of Sustainable Harvesting

EKUWÜN

In the Mapuche culture, harvesting food starts from the *Ekuwün*, in other words, the profound respect for the *Ñuke Mapu* (Mother Earth), hence, when one enters the woods in order to harvest, one greets the *Gnen* (Spirits that protect the natural elements), and asks for permission to take the fruit from the earth.

After finishing the harvest, one thanks the Earth for the abundance and gives the Earth something of our possession.

In the south of the world, the Mapuche *kuyfi kimün* (ancestral knowledge) celebrates the “*Wiñol Tripantü*” (Winter solstice) around mid-June since immemorial times. During this event, they welcome the new cycle of the sun in the middle of *Puken* (winter season; rain season), then comes *Pewü* (spring; sprout season), *Walüng* (summer; fertility and abundance season) and *Rimü* (fall; harvest season and time for the Earth to rest).

Different mushrooms bear fruit in different seasons. They grow as follows:

PEWÜ / SPRING

Digüeñe / Ñeguim/ Quideñes
Cyttaria espinosae

RIMÜ / FALL

Loyito
Butyriboletus loyo

RIMÜ KA PUKEN / FALL AND WINTER

Changle/ Chandi/ Flower fingers/ Earth coral
Ramaria botrytis, *R. flava*, *R. patagonica*, *R. subaurantiaca*

Digüeña / Ñeguim/ Quideños

Cyttaria espinosae



HABITAT:

Biotrophic relationship with *Nothofagus obliqua* (hualle), *Nothofagus glauca* (hualo) and *Nothofagus alpine* (raulí).

FRUITION:

From August in the Bio-Bio area to November in the southern area and the Patagonia.

ORGANOLEPTIC PROPERTIES:

Solid and elastic composition and gooey texture. No characteristic smell, but a soft sweet flavor, chewy and flexible texture.

Ways of Sustainable Harvesting

-Detach the mushrooms from the branch or trunk with the hands, pulling them softly.

-If they are too high use a coligüe or bar to poke and reach them, avoiding hitting the tree or its branches.

-Use baskets to store the mushrooms, so spores can be spread while walking around.



HABITAT:

Symbiote mycorrhizal relationship with Oak or Hualle (*Nothofagus obliqua*), Coihue (*Nothofagus dombeyi*), Raulí (*Nothofagus alpine*), and Hualo (*Nothofagus glauca*).

FRUITION:

From March to May in the Maule, Bio-Bio, Araucanía, Los ríos and Los Lagos Regions.

ORGANOLEPTIC PROPERTIES:

Concave to flat form, pillow-like form, flat surface, dry, sticky when moisty, dark red color and yellow bottom. The bottom can turn light blue in some areas with wounds or cuts. Its hymenium is tubular, spongy meat and sometimes jelly-like, fungi smell.

Loyito

Butyriboletus loyo



IN DANGER OF EXTINCTION



Ways of Sustainable Harvesting

-Detach the mushrooms with the hands without uprooting them, take them firmly from the base and twist them to harvest the fruit. Cover the place with leaves. Leave the leftovers that won't be eaten, base, cuticle and/or hymenium.

In order to harvest the fruit, they must be ripe, that is to say, over 30cm tall.

Use baskets to store the mushrooms, so spores can be spread while walking around.

Changle/ Chandi/ Flower of Fingers/ Earth Coral

Ramaria botrytis, R. flava,
R. patagonica,
R. subaurantiaca

HABITAT:

Ugni molinae, Gaultheria mucronata,
Nothofagus dombeyi Symbiotes. They can
also be found under Chusquea quila
brushes near the Nothofagus species
trees.

FRUITION:

From March to June or even July; from the
Bio-Bio Region to the Austral Zone (Los
Lagos Region).

ORGANOLEPTIC PROPERTIES:

Coral-like shape, fragile but steady-when-
young complexity, they can fall apart easily
when ripe. Soft flavor and delicate fungi
smell.



Ways of Sustainable Harvesting

-Cut the mushrooms with knife. Leave at least 2cm under their base on the floor and cover the place with leaves.

-It is recommended to harvest fruits that are at least 15cm tall.

-Use baskets to store the mushrooms, so spores can be spread while walking around.



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