

True Morel Identification Checklist

- Honeycomb-like cap with deep pits and ridges
- Cap is fully attached to the stem (no overhang)
- Entire mushroom is hollow when sliced lengthwise
- Grows in a known morel habitat
- Appears during morel season (late April to early June)
- Found near companion plants like trillium, elm, etc.
- No odd or chemical smell
- Not overly lopsided or brain-like (false morel trait)
- Confirms with photo guide or field ID book

If your mushroom does not meet ALL of the criteria above, it's likely not a true morel and should not be eaten under any circumstances.

False Morel Identification Checklist

- Cap is lobed, wrinkled, or brain-like (not pitted or honeycombed)
- Detached cap hangs from stem or only connects at the top
- Mushroom is solid or cottony inside when sliced (not fully hollow)
- Cap shape is irregular or lopsided, not symmetrical
- Has a chemical or off smell
- Found outside of true morel season (too early or late)
- Belongs to genus *Gyromitra* or *Verpa* (check against guidebook)

If your mushroom has ANY of the above properties, it is not worth the risk. Remember “When in doubt, throw it out!”