

# 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!”