

Benefits of Foraging

“There is significant evidence that outdoor activity contributes even further to improved mental health by connecting us to our natural environment. Activities on the land can provide opportunities for land-based Métis practices such as hunting, fishing, gathering food and medicine, and crafts. Physical activity and connecting to the land are also a way for families to engage with the Métis Core Values which “guide us to live a meaningful and balanced life”. Métis Core Values: Mother Earth, Patience, Strength, Kindness, Tolerance, Honesty, Respect, Love, Sharing, Caring, Courage and Creator.” (Learn with Louis Newsletter)



North Island Métis (NIMA) publishes a monthly newsletter.

Go to NIMA’s website (www.nimetus.com/newsletters) to read current and past newsletters.

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North Island Métis

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NORTH ISLAND MÉTIS

**A124 - 740 ROBRON
ROAD
CAMPBELL RIVER, BC
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**NORTH ISLAND
MÉTIS**

**Mushroom
Foraging and
Harvesting**



Harvesting Tips

- When harvesting mushrooms, cut the stem above the ground. Do not pull or tear the mushroom out of the ground, this damages the root system and will not allow the mushroom to continue growing.
- Only pick mushrooms that you will use. Broken and over mature mushrooms will still be able to spread and create new growth.
- Make sure you know exactly what you are picking. We do have poisonous mushrooms in BC and some look very similar to edible mushrooms.
- Harvesting is allowed on provincial crown land, but it is against the law to harvest in provincial parks and permission must be given on private property.



Southern Michif

Mushroom – lii mushroom

Harvest – pawahikayhk

Forest – li graan bwaa

Mountain – enn moontaayng

Hike – pamohtaywin

Let's go for a walk – enn walk ka
ootinaynaan

Edible mushrooms contain substantial amounts of B vitamins, copper, protein, potassium, choline, vitamin D, selenium, fiber, phosphorous, niacin, folate, amino acids, and antioxidants. Some mushrooms even contain significant amounts of protein!

