

What Is Turkey Tail?

Trametes versicolor, also called turkey tail, is a popular fungus found throughout Canada and the U.S. This mushroom is best known for its possible health benefits, and can be found on dead tree trunks from May until December.

Turkey Tail

Trametes versicolor

Turkey Tail Impostors

If you aren't sure the mushroom you're looking at is turkey tail, have no fear, because no mushroom within the *Trametes* genus is poisonous.

Real Vs Fake

An impostor of turkey tail, called fake turkey tail (*Stereum hirsutum*) can look just like real turkey tail. However, the bottom side of *Stereum hirsutum* is smooth and orange, unlike real turkey tail.

Real

Fake

How to Identify

- (1) The mushroom will feel soft, like velvet
- (2) The bottom of the mushroom should be white, with small holes
- (3) The colored rings are distinct and do not blend
- (4) Colors include reds, greys, blues, browns, and purples
- (5) Size varies from 2 - 10 cm



How to Prepare

It is recommended to dry and make this mushroom into a powdered form due to its hard texture. This powder can be made into tea or other meals such as soup or a salad garnish. The recommended serving size is 1 - 3.6 g.

Foraging

Remember to always follow local foraging laws and to not take too much of any wild edible, as we want to minimize our impact on ecosystems and wildlife.

Health Benefits

Although there are a few studies that link certain chemicals in turkey tail to improved health, there is not enough data to fully support the various claims that turkey tail can cure cancer or other illnesses. There are only a few studies which claim that Turkey Tail *may* help with basic health issues. The FDA also warns users to not use turkey tail as a natural medicine for serious conditions either. If you do suffer from any serious health issues, do not use turkey tail as a remedy.

Turkey tail can help stimulate several bodily functions, including the following:

- (1) Can help combat colds and fevers
- (2) Can help reduce damage due to its antioxidant properties
- (3) Boosts white blood cells, which can help fight infections
- (4) Enhance healthy bacteria in your gut