

Fungi tours at Cowdray

MUSHROOM lovers will get the chance to explore areas of the Cowdray Estate that are usually off limits to the general public when Wild Foragers launch their Wild Fungi Tours later this month.

Giant Apple Events has established Wild Foragers in conjunction with local fungi experts in order to teach people how to find and safely identify edible wild mushrooms.

"There are so many people who love the idea of hunting for and eating wild food," says director of Giant Apple, Louise Ballard. "But if you see a mushroom out in the woods, how can you be sure if it's tasty or toxic?"

"On the Wild Foragers Tours, our fungi experts are on hand to make sure there's no confusion.

"There are thousands of varieties of fungi – some edible and some extremely poisonous.

"On these tours we will endeavour

to show you how to identify more than 20 of the most desirable edible varieties.

"The varying soil types and mixed woodland on the parts of the Cowdray Estate we cover on the tours provide a perfect habitat for the majority of the most sought after fungi.

"The peak mushrooming season is fairly short – late September to early November – so tour places are limited."

The day-long tours that take in several parts of the historic Cowdray Estate include a 'real' mushroom soup lunch cooked on a campfire in the great outdoors and everyone who attends gets a mushroom

trugg and spotters guide to take away with them. For more information or to book places on the Wild Fungi Tours, visit www.wild-foragers.co.uk, e-mail contactus@wild-foragers.co.uk or telephone Giant Apple Events on 0845 130 4286.

