

# BC MÉTIS FEDERATION CONSERVATION

OCTOBER 2024



Coastal  
Water Protectors



BC Métis  
FEDERATION

# THE WONDERFUL WORLD OF MUSHROOMS



On a crisp autumn morning, the Conservation Department of the BC Métis Federation, joined by Raeanna from Foraging with You, hosted an exciting mushroom foraging event in the lush forests surrounding Chilliwack, BC.

The experience offered participants a hands-on opportunity to learn about the diverse world of wild mushrooms and to connect with nature in an intimate and educational way.

As the day began, Raeanna led our group off-road, guiding us through the forest where towering trees and a carpet of fallen leaves set the perfect stage for our adventure.



As we ventured deeper into the woods, Raeanna introduced us to various mushrooms sprouting from mossy logs, decomposing leaves, and shaded soil. For each mushroom encountered, she shared valuable insights on identifying its type, whether it was edible, inedible, or even poisonous. Her deep knowledge and enthusiasm made each discovery feel like a small treasure hunt, fostering an appreciation for the diversity of mushrooms in our ecosystems.



One highlight of the day was learning about mushrooms with medicinal properties, some of which have been used for centuries in traditional remedies. While many of us were familiar with commonly foraged edible varieties like chanterelles and oyster mushrooms, Raeanna introduced us to lesser-known species with medicinal benefits. Some of these mushrooms are endangered, adding an important conservation element to our learning. These medicinal mushrooms not only play a vital role in forest ecology but are also a reminder of the need for sustainable foraging practices to protect vulnerable species.

Every few meters, we would pause to forage our own mushrooms, each participant eagerly reaching for the most interesting specimens. Raeanna explained different ways to prepare these mushrooms—some can be made into a warming tea, while others can enhance soups, stews, and other delicious meals. She demonstrated how to incorporate foraged mushrooms into everyday cooking, giving everyone ideas on how to transform our bounty into hearty, healthful dishes. For many, this was an introduction to the unique flavors and nutritional benefits of wild mushrooms.

As the foraging session drew to a close, we gathered for a delightful treat: Raeanna served a warm, homemade wild mushroom-infused tea, accompanied by freshly baked sourdough bread. The tea, with its earthy and slightly nutty flavor, captured the essence of the forest itself, while the bread offered a satisfying end to our morning adventure. It was a chance to reflect on the day, share stories, and discuss our plans for the mushrooms we had foraged.

Each participant left with their own bag of hand-picked mushrooms, eager to try their hand at preparing dishes that honored the forest's bounty. From wild mushroom risotto to simple sautés, we left inspired to experiment in our kitchens, armed with the knowledge that our meals would carry the flavors of the Chilliwack forest.

This memorable morning served as a reminder of the natural treasures that lie just beyond the trail and underscored the importance of conservation in preserving these ecosystems for future generations. Mushroom foraging, with its mix of adventure, education, and culinary potential, is a wonderful way to connect with the land, and we're grateful to have shared this experience with such a passionate and curious group.





# BEYOND THE BLUE

Mark your calendars and get ready for an unforgettable experience at the Beyond the Blue Conservation Conference, taking place in Richmond, BC! This year's event promises to be bigger and better, bringing together conservation enthusiasts, professionals, and community members from across the region for a day of learning, inspiration, and action.

The conference will feature an incredible lineup of guest speakers covering topics such as climate change, wildlife conservation, aquatic ecosystems, and more. Attendees can look forward to engaging workshops in breakout rooms, where they'll have the opportunity to dive deeper into specific topics, collaborate with experts, and gain hands-on insights. The event will also include a bustling vendor area, showcasing small businesses and organizations dedicated to environmental sustainability and innovation.

Attendees will enjoy a delicious Pacific Northwest-themed catered lunch, and there will be exciting door prizes up for grabs throughout the day. Whether you're a conservation professional, an advocate, or someone looking to learn more about how you can make a difference, this conference has something for everyone.

For those interested in contributing directly to the event, there's still time to register as a guest speaker, vendor, or workshop facilitator, but spaces are limited! This is a fantastic opportunity to share your expertise, connect with like-minded individuals, and make a meaningful impact in the conservation community.

Registration for the conference is now open and filling up quickly, so don't wait to secure your spot. Join us as we explore the challenges and opportunities of conservation across land, air, and water, and work together to create a sustainable future.

We can't wait to see you at Beyond the Blue! Visit our website to register today and be part of this exciting event.



