



Long a European favourite, we are common in northern parts of Europe, North America, including Mexico, in Asia, including Turkey and the Himalayas (including Kashmir, Nepal, and Bhutan), and in Africa including Zambia, Congo and Uganda. See! you don't have any excuse for not having us in your plate.

We have grown in the forest for as long as the trees. We tend to grow in clusters in mossy coniferous forests, but we are also often found in mountainous birch forests and among grasses and low-growing herbs. We grow in a symbiotic

relationship with living trees, gathering moisture and minerals to feed the trees, and in return, trees offer us food in the form of photosynthesized carbohydrates. Because of that intricate relationship, we are almost impossible to cultivate and are not yet commercially grown (although researchers are trying). Some species of our family can grow quite large, up to six inches high, weighing close to half a pound, but usually, we are closer to half that size, with some of us being only a few ounces. We can only be handpicked, usually summer through late winter.

Some say we smell woody and of apricot; our flavours are all exquisite, from pleasantly mild to flowery or nutty. Our name refers to our entire family, but is often applied only to the most favoured golden child, amongst the many colours we wear. We have a very particular shape, but don't blow me. You'll want us firm, plump, smooth, clean and unbroken.

Everything in us is edible and we retain my firm texture when cooked. Enjoy us fresh or cook us with our best friends--chicken and other light meats, cream, starches and grains. You'll love us simply simmered in butter. We also make a wonderful sauté, stuffing, sauce or side dish. Only some of us are good dried, since many of us won't reconstitute well. We are very low in calories, mostly protein and carbohydrates, with traces of vitamins and minerals.

Look closely and don't confuse us with a look-alike, poisonous Jack O'Lantern in North America. In 1836, the Swedish mycologist considered us "as one of the most important and best edible mushrooms." A Pyrenees dog breed, wildflowers, restaurants, and the first string of a violin share our name. And believe it or not, some folks from Delta, BC like us soooooo much they have a Facebook page just for us, is it cool or what?? check it out!

WHAT AM I? *Cantharellus cibarius*, Chanterelle or Girolle.