

# Mushroom school

## Monica Alfrida Swenson, Värmland

Certificated mushroom consultant  
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Monica offers a variety of courses, including a 2-days course together with Uddeholms hotel

### Programm: ca 10 persons

#### Day 1

ca 12.00 hours: arrival and information about the different types of mushrooms with a small exhibition. After lunch: mushroom soup with lingon bread (lingon = cranberries), we start with a walk in the woods and the first mushrooms can be picked. During the coffee break, the found mushrooms will be inspected. Back in the hotel, the mushrooms meal will be prepared according to Monica's favorite recipe

#### Dag 2

After a theory lesson about mushrooms, eatable mushrooms, nutritivity, advice for drying, storage, etc. we'll go again to the forest to search mushrooms on Monica's best spots, here you can pick, you learn to recognize new species, afterwards the picked mushrooms will be cleaned and prepared for a meal.

Ca 15.00 hours: time to say goodbye

**Necessary:** Outdoor clothes and shoes. Use of mushroom baskets and knives is included.

**Price per person** SEK 1400:-, incl. mushroom recipe booklet and the ingrediënts for the meals, which will prepare together, overnight stay in double/twin room, breakfast.

Transport is not included. If you don't have your own transport we can arrange this (extra costs).

### Mushroom safari / school 2009

Weekdays in August from 17.00 till 22.00 hours  
start at Tourist office in Munkfors.

Saturday and Sunday in September and October from 13.00 till 18.00 hours

Price: SEK 270 p.p (child discount) incl. mushroom meal, which will prepare together.

Please book always at least one day in advance.

