

Mushrooms, Kosher

Are mushrooms “kosher”?

On occasion, more often than not in the independent sectors of the Messianic community and/or Hebrew/Hebraic Roots world, one will hear a claim made from time to time that mushrooms, and by association various other fungi, are non-kosher. Much of this relates to how mushrooms reproduce. Yet, one need not go too far to realize that mushrooms are a feature of traditional Jewish cooking. This means that at one point in history, Jewish religious authorities decided that mushrooms, even if they do not bear seed (cf. Genesis 1:29) in the more customary sense, may be considered a food product eligible for consumption.

You will find that most Messianic people do consider mushrooms to be kosher, although like any food product mushrooms should be thoroughly washed before being eaten. There are also considerable dangers associated with picking wild mushrooms, as many mushrooms are poisonous. So sticking with commercially processed mushrooms should be regarded as the safest option for most people.¹

¹ For a further discussion on the kosher status of mushrooms, consult Rabbi Zushe Blech. (2002). *A Fungible Feast, Mushrooms in Halacha*. MK Vaad News & Views. Available for access at <<http://kashrut.com>>.