

# Burnt Sugar Milky *Lactarius helvus*



**Traits:** cap up to 12 cm diam., beige colored, convex, zoned; flesh, stipe, gills concolored, brittle; clear, transparent milk; maple scented (sotolon); pale cream spores

**When:** abundant July → Sept.

**Where:** thick moss in coniferous forests

**Risks:** other distasteful lactarious with white milk; slightly

toxic according to some, should be used with moderation, preferably dried, for its intense aroma

