

# SPORE PRINTS

PUGET SOUND MYCOLOGICAL SOCIETY

200 Second Avenue North - Seattle, Washington 98109

MARCH, 1971

NUMBER 70



"I must say, Mr. Toad, you certainly set an excellent table."

AND SO WILL THE SOCIETY SATURDAY, MARCH 13 AT ITS

## Annual Survivors' Banquet

There's still time to phone in your reservations for the annual banquet - call CH. 4-2559 or PR. 8-8191. The response to date has been very gratifying but, remember, the more the merrier and the sooner the better. The deadline for reservations is March 6th. The banquet date is Saturday, March 13th.

The menu will be laced with mushrooms from our own homegrown Chanterelles and Morellas to imported Auricularia and rare black truffles. Not to mention the generous bowls of antipasto which is even now mellowing in an obliging member's cool room.

There will be a novel way of reserving places at the tables this year. When you present your ticket at the door you will be given an I.D. tag complete with pin just

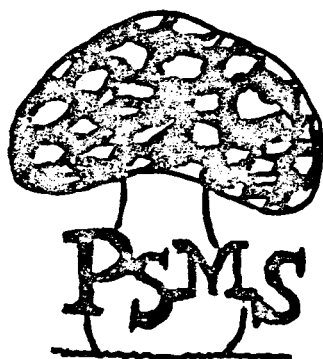
like those used to I.D. mushrooms at the exhibit. Write your own name on this tag and pin it on the table mushroom favor of your choice. Then proceed to enjoy that attitude adjustment period in your own fashion.

Any one not able to identify himself AFTER the attitude adjustment hour please report to the lost and found department. Virginia Peterson and her hospitality group will be there to help with any attitude REadjusting.

The no-host social hour begins at 6 p.m. in the Nisqually Room at the Seattle Center. Dinner will be served promptly at 7 p.m. in the Snoqualmie Room. The seventh annual soiree will be held in the North Court Rooms at the Center, Warren Ave. N. and Republican St. The Nisqually Room may be entered from Republican or via the Center grounds.

This is the last bulletin before the banquet so see you there March 13th and bon appetite!

-- Belle Swaffield, Banquet Chairman



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HARK! SPRING FIELD TRIP SCHEDULE!

The glorious morel season is just a little over a month away and Paul Nestell, our omniscient and durable Field Trip Chairman, has lined up a series of forays to keep us all busy and happy. A new wrinkle this year: in addition to the weekend trips, a series of one-day forays have been planned.

April 10-11 - French Creek Forest Camp

Seven miles west of Darrington, off Highway 9. Paul suggests the Sauk and Skagit river bottoms. He also will have a couple of burns mapped out.

April 10 - Index Area - More details on this one-day trip and the forays listed below will be reported in the April bulletin.

April 24-25 - Cle Elum

Fireman's Pavilion. New burn at Roslyn, plus others.

April 25 - Money Creek on Stevens Pass

May 8-9 - Dalles Forest Camp (Osborne for one-day trip)

May 22-23 - Tumwater Forest Camp (Olney Park, one-day)

May 29-31 - Entiat - Three-day Memorial weekend in area where, sadly, there are tens of thousands of burned over acres.

Paul needs volunteers to help with the heavy burden of tasks he oversees, persons willing to lead one-day trips. Let him know you'll pitch in: Paul Nestell, 4500 Martin Way, Sp. 40, Olympia 98501, 491-5648.

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HAVE YOU VOTED? POSTMARK DEADLINE FOR BALLOTS IS MARCH 8th.

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REMINDER: BANQUET TAKES PLACE OF MARCH MEETING.

# EARLY SPRING MUSHROOMS

By Paul Y. Nestell

At the present time PSMS is engaged in a study of the genus *Morchella*. Most books show several kinds, but there are so many exceptions within each group that actual classification of a specific epithet (name) is almost impossible and it is largely left to the judgment of the person doing the identification on the scene.

When Drs. Dan Stuntz and Alexander Smith agree that, as of now, all Morels should be simply classified in the genus *Morchella*, and let it go at that until further study can be made.

Only twice, in 16 years of gathering, have we found Morels with a slight pinkish cast or color deep inside the pits: Bear Springs forest camp, Mt. Hood National Forest, elevation 3400 feet, May, 1963, and on the Roslyn burn field trip, elevation 1800 feet, May 1969.

Morels usually, but not always, fruit on a burn of the previous year (August–November) and will appear from April through June of this year. Water washing over sand bars containing cottonwood or willow trees will sometimes produce Morels. Also, look on old papers in dumps, old orchards, logging operations, recently cleared land, brush and grass fires. Where you find Morels one year, look in the same place the next year, but don't bet on it. Morels will come year after year under the same willow trees.

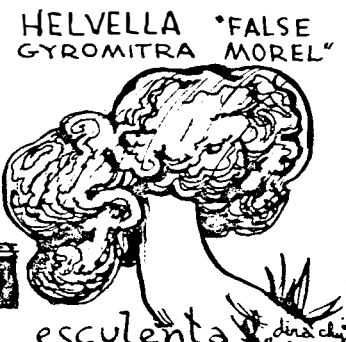
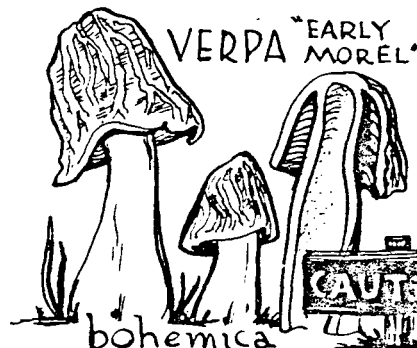
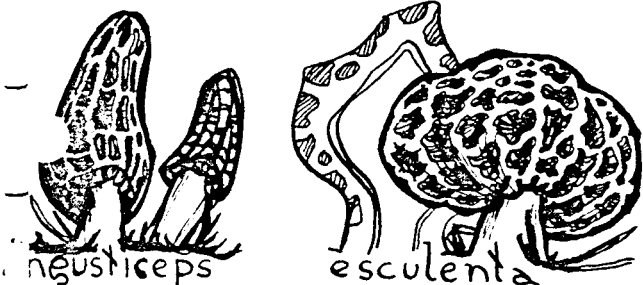
After being sick (on both ends) from eating *Helvella esculenta*, and a year later, *Helvella gigas*, we will not eat *Helvellas*. Many people can eat and enjoy *Helvellas* with no ill effects, but PLEASE BE CAREFUL! Anyone mistaking a *Gyromitra esculenta* for a *Helvella esculenta* (they are very similiar look-a-likes to the beginner) will be in serious trouble.

There are only two kinds of *Verpas* growing in this part of the country, to my knowledge. *Verpa conica* is small, about 4 inches high, with a 1-inch cap and a 3/4-inch diameter stem. *Verpa conica* is rare and all gathered should be carefully saved, dried and given to Dr. Stuntz for study as we don't know too much about it yet. *V. conica* has a smooth cap but is a true *Verpa*.

*Verpa bohemica* is the so-called early Morel. It has a very wrinkled cap. It grows on cottonwood leaves. As far as I know, it has no association with the tree itself, as we have found them on piles of cottonwood leaves miles away from any cottonwood tree. Along a small creek on Mt. Adams, near White Salmon, we found gigantic specimens: 14 inches tall, with a 9-inch cap, the base of the stem 3 1/2 inches in diameter, growing in a dense stand of large cottonwood trees.

*Verpa bohemica* begins fruiting in March (usually) and may last through May in higher elevations. It is very fragile so it should be cleaned on the spot, carefully handled and dried. Drying concentrates the flavor which is very desirable. Reconstituted *Verpas* are excellent in scrambled eggs. *Verpa Bohemica* should not be eaten fresh unless parboiled three minutes, discarding the water and losing most of the flavor. It is not necessary to parboil Morels before eating them fresh.

MORCHELLA (TRUE MORELS)



## RESUME OF BOARD ACTIONS

- \* As of the end of January, the PSMS treasury contained \$10,534 (complete 1970 financial report will be carried in the next bulletin).
- \* John Colgrove, chairman of the by-laws revision committee, was appointed as agent for the PSMS corporation.
- \* The Board agreed to assist Federation Park by supplying information for a mushroom display (Ralph Nolan volunteered to work on project).
- \* An average of 75-100 persons are attending the PSMS mushroom classes.
- \* As of late February, 680 members have renewed.
- \* The Board acted on reports from its standing committees, ad hoc committees on by-laws revision, long range planning and consideration of an office.

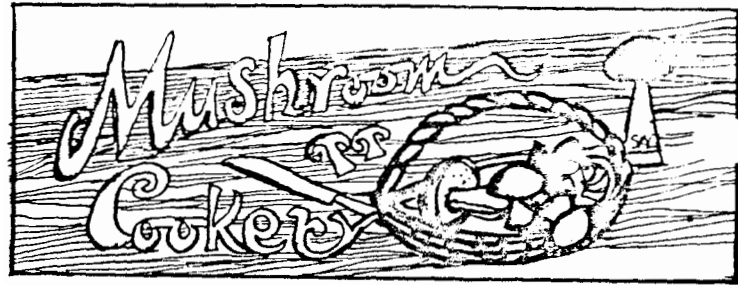
PSMS ARTISTS - Fay Melsen urges artists to submit artwork for the cover of the 1971 roster booklet. Cover space is  $5\frac{1}{4}$  x 5". The deadline is April 15th.

TWIN HARBORS SPOREADDICTS CLUB - extends an invitation to other mycological club members to join Aberdeen Sporeaddicts at meetings held the third Wednesday of each month at the Grays Harbor College, Room 321.

A film and discussion on *Clavaria*, *Hydnum*, *Morchella* and other species was presided over by Bill O'Conner, Amanda Park, at the last meeting. Several guests were present and new memberships were accepted. Field trips will begin soon and guests are welcome. Contact Field Chairman Ruble Wakefield, Route 2, Box 193, Hoquiam, for trip information. We hope to see you while gathering spring mushrooms. — Lucille M. Sanders, Sporeaddicts Recorder.

Mushrooms have been prized for over 3000 years as a gastronomical delight. The first cultivated mushrooms appeared almost 400 years ago in limestone caves outside of Paris.

A panel on spring mushrooms will highlight the April membership meeting.



Joe Chybinski, the husband of our outstanding Staff artist, Dina, translated this recipe from Kuchnia Polska, a current Polish cook book. In Poland, where GRZYBY (mushrooms) are plentiful, dried boletes are used, along with one or two juniper berries, to flavor pot roasts, soups and goulash. Here's another way to use them -

### ZRAZY PO NELSONSKU Z GRZYBAMI

Polish beef ala Nelson, in casserole with potatoes, onion and dried mushrooms.

1 lb. round steak	1 cup water
$1\frac{1}{4}$ lb. potatoes	2 T. fat
$\frac{1}{2}$ oz. dried mushrooms (about $\frac{1}{2}$ cup)	1 T. flour
1 lg. onion	$\frac{1}{2}$ cup cream
	Salt, pepper

In water to cover (about 1 cup) boil the dried mushrooms until tender. Drain but save stock: there should be  $\frac{1}{2}$  cup. Slice the mushrooms. Peel the potatoes, cut in half rounds. In salted water, boil until half soft. With moistened mallet or potato masher, beat the meat to flatten, then slice it across the filaments into 8 to 12 strips. Beat again until about  $\frac{1}{3}$ -in. thick. While 2 T. of fat are heating in skillet, dust the meat with salt and part of the flour, then quickly brown it. Take out while still raw inside. In the same fat, saute thinly sliced onion until transparent. In an ovenproof casserole, place layers of the meat, potatoes, onion and mushrooms. Add salt and pepper, then over the top pour the cream mixed with the remaining flour and mushroom stock. Cover tightly and bake in a hot (375-400) oven for 15 minutes.

CALVES LIVER ALA NELSON can be prepared in the same way. Soak liver in milk for 3 hours, pat dry and brown as above. Add  $\frac{1}{2}$  t. flour to the fat in the pan, stir, add mushroom liquid and  $\frac{1}{2}$  cup bouillon or sherry. Heat, then pour over layered liver and potatoes, simmer 2-3 minutes.