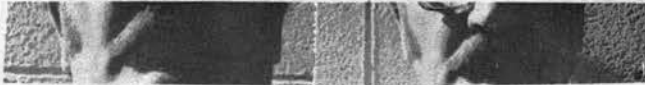


SPORE

PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY
200 Second Avenue North Seattle WA 98109
April, 1973 Number 91



PRESIDENT'S MESSAGE

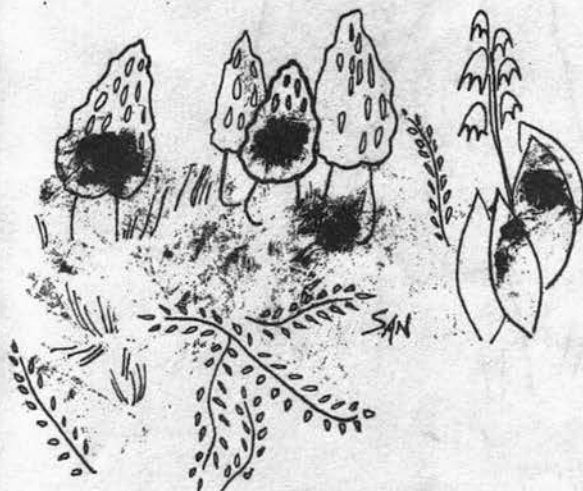
Now that we are coming to the end of another term, and a new crew will be taking over in April, it is fitting that those who have served this past year be brought to mind. Nowhere will be found people more willing and eager to help than in this organization. We have, in our membership, a cross-section of people from all walks of life, and when we put our efforts together, we end up with the job well done. No better example of this could be found than those of you who have helped in so many ways this past year.

With this thought in mind I am filled with pride to have served as your president.

Howard C. Melsen

FIELD TRIPS by Martin Hansen and Ed Cantelon

Apr. 7 & 8 Rockport State Park near Concrete. Take Burlington exit from freeway or Arlington exit through Darrington. Park is 1 mile west of Rockport. Burlington route is the best road. We are hoping for the best of weather and mushrooms. We will have a plastic put up in case of rain; the shelter has been dismantled. Ranger Les McKenzie requests that trailers only use designated spaces. People who camp contact Trip Leader for good space. Water will be turned on and modern rest rooms in operation. Fee is \$1.75 per day without hookup for campers and trailers. Potluck will be at 5:30 pm Saturday. Please sign



up for potluck so Leader can figure seating. This is a beautiful park in sunny weather—let's pray for it. Good steelhead fishing in the nearby Skagit River (with license).

Apr. 21 & 22 Thunderbird Park. An Easter Mushroom Hunt; look for colored mushrooms. Five miles east of Monroe. In Monroe cross bridge to the south side of the Skykomish



Martin and Estella Hansen, Ed Cantelon
Photo by Joy Spurr

River and take Ben Howard Road to park. Park has many conveniences: large shelter with fireplace, hookups for trailers, modern restrooms, showers, and laundry. Group rates as follows: Campsite per day \$2.50, with hookup \$3.00, dump station 75¢, parties over 5 each 25¢, visitors 50¢ per day.

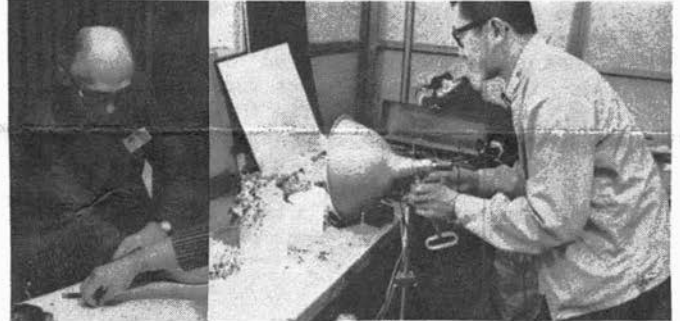
May 20 (By Charles Woodruff) A field trip is planned to the Ostrom Mushroom Farms on Sunday May 20. The tour is limited to adults and children 12 and over. You must sign up for the tour either at the May 14 meeting or by mail prior to that meeting. Mark the envelopes Attn. Field Trip Chairman. We will meet at the Farm at 12:45PM with the tour to begin at 1:00 promptly. The tour will take about two hours.

(This jolly tour might well be coupled with another event in the same area. Detailed instructions for getting to Ostrom's and anything else pertinent will appear in next issue.)

membership meeting

Monday, April 9, 8:00 pm Eames Theater, Pacific Science Center.

Do you remember Ben Woo's December Fireside Chat on 'Secrets of the Boletes' which was cancelled because the fireside was covered with snow? Not wanting to risk another such occurrence, Ben will be speaking to us without the fireside this time. His topic: 'Inside Boletus'. You will learn all those things about Boletaceae you wanted to know but no one would ever tell you (probably because they didn't know). Ben knows. For those of you who don't know Ben, he is a Founding Father of



(Above) Bob Ramsey (and G. Rafanelli's arm) left; Ben Woo right. Photos by Patrick Higgins.

PSMS and our President in 1964 and 1965. He knows an awful lot about mushrooms.

To balance the Boletaceae we will also have Bob Ramsey speaking on *Verpa bohemica*, an extremely timely topic. In fact you should be out looking for them right now. Bob, our favorite Conservationist, was President of PSMS in 1970 and 1971. He can also tell a mushroom from a mongoose alrighty.



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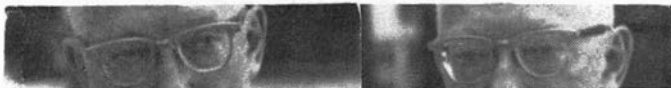
TRUSTEES Michel Allain, Scott Chilton, Dina Chybinski, Claude Dilly, Milton Grout, James M. Hara, Don Peterson, Dee Poole, Charles Proctor, Isabelle Waite, and Robert W. Ramsey (Immediate Past President)

ALTERNATES Cliff Carpetner, Virginia Kessner, Charles Kessner.

SCIENTIFIC ADVISOR Dr. Daniel E. Stuntz

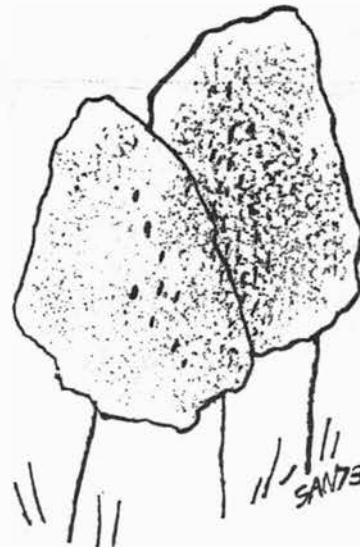
CALENDAR

- Apr. 7/8 Rockport field trip
- Apr. 9 Monday 8:00 pm Membership meeting
- Apr. 10 Tuesday 7:00 pm Symposium committee
- Apr. 16 Monday 7:30 pm Beginners class
- Apr. 21/22 Thunderbird field trip
- Apr. 23 Monday 7:30 pm Beginners class
8:00 pm Board meeting
- Apr. 27 Let's really try for Sporeprints deadline, what say? 4029 E. Madison, Seattle 98102.
- Apr. 30 Monday 7:30 pm Beginners class



CLASSES CONTINUE

Milt Grout's very fine Beginners' Classes will be in session through April 30 at the Eames Theatre. Check the Calendar for dates and time.



Cap Your Next Dinner With Delicious Mushrooms

Jane Kinderlehrer

The mushroom is one of nature's little side shows. It isn't an animal, it isn't a vegetable, a grain, a fruit, a nut, or a seed. It manufactures no chlorophyll, needs no sunlight, yet grows with amazing rapidity. Some varieties are reputed to have antibiotic, anti-cholesterol, and anti-tumor qualities. The most common variety is brimful of B vitamins, low in calories, and contains high-quality protein.

The mushroom is one of the few foods that provides what you might call "All this and heaven, too." In addition to its many valuable nutrients, the mushroom has a unique flavor that has been known to inspire epicurian ecstasy. Its texture is unusual and delightful. Its very appearance adds excitement to any dish. Anyone who has not yet developed a taste for mushrooms can joyfully anticipate some brand new gastronomic adventures, and reap important health benefits, too.

Most people think of mushrooms as garnishes. But these tasty morsels, in fact, make a superb health food. They are extremely rich in pantothenic acid (B₅), often called the anti-stress vitamin, because it keeps our bodily processes running smoothly in the face of great shocks to the system. It is also vital to the production of antibodies to protect against infection and has been used with success to reduce allergic reaction. In every way, it helps us to defend ourselves against environmental assaults. And mushrooms have more of this vitamin, ounce for ounce, than any other plant food you can eat! In fact, the only foods which contain more pantothenic acid than mushrooms are organ meats.

Mushrooms are also an excellent source of niacin (B₃), which, among many other protective roles, keeps cholesterol levels in check and promotes the well-being of the nervous system, including mental health.

Riboflavin (B₂) is another vitamin offered in very generous amounts by the mushroom. We need riboflavin to spark many vital enzyme reactions, to keep our skins healthy, and to repair injuries. All three of these vitamins are good guys to have on your side!

Thiamine (B₁) and pyridoxine (B₆) are also present in very useful amounts in the mushroom. There is also a goodly amount of

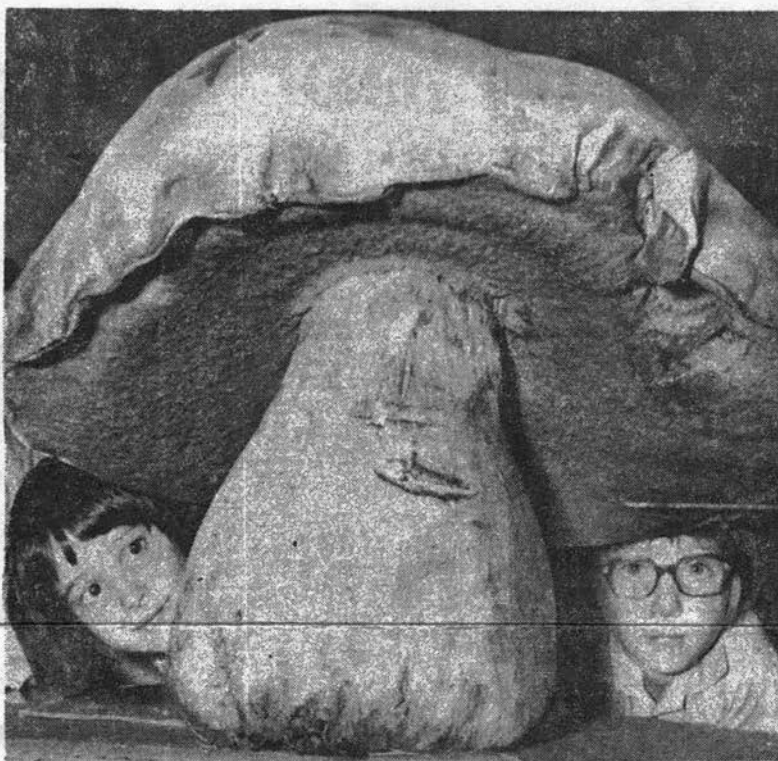
Sara Nephew, our beloved illustrator SAN, sent this fine article from the March issue of Prevention magazine. (Organic gardeners and farmers will also be acquainted with Organic Gardening and Farming by the same publisher (Rodale).) This article will be continued in future issues, space willing. There is so much conflicting information about the nutritional content of mushrooms that maybe some biochemical soul out there will do some research. We will be glad to publish in the Bulletin.



iron, so mushrooms could rightfully be called an excellent blood builder. The other minerals in mushrooms, although present in relatively small amounts, are frequently totally lacking in a diet of refined foods. They include potassium, phosphorus, magnesium, copper and calcium, all of which play an important role in the prevention of cardiovascular disorders.

Unusual Health Factors in Mushrooms

Some species of mushrooms have striking anti-cholesterol powers. When T. Kaneda and S. Takuda of Tohoku University fed a high-cholesterol diet plus the *Lentinus edodes* mushroom to a group of rats, they had lower blood plasma cholesterol levels than a control group fed the same high-cholesterol diet without the mushrooms. Other species of mushrooms achieved similar but less striking results. The researchers concluded that "there appears to be no question that the plasma cholesterol levels in rats are lowered by the presence of the mushroom in their diet under our experimental conditions" (*Journal of Nutrition*, December, 1966).



The toadstool, down under

—AP Wirephoto

Australians Nicole and Andrew Fox brought this 22-pound toadstool to school for "show and tell," and told that it was found on a nearby Melbourne golf course.

Angie Crawley contributed this whopping *Boletus* from a recent edition of the Christian Science Monitor. Maybe an Australian field trip! . . .

ABOUT THE FIELD TRIP

Field trips are a noble and long-standing tradition of PSMS. The modus operandi is to convey yourself to the field trip site sometime during the first day. (Some dirty #*#@ such-and-sos arrive the day before and stake out the good spots.) Then sign the sign-in sheet and make written notice of your intention to attend the evening potluck. Then go a-hunting. If you need help finding a place to hunt, or reassurance of some type, there is sure to be a pro around to help. Speak up. Ask. Don't be shy.

Bring with you some sort of containers in which to put mushrooms: Baskets, plastic pails, paper bags (for dry weather), anything that catches your fancy. There is (almost) always an identifier available to tell you what you've found. If you plan on having mushrooms identified, pick them carefully, being sure to dig up the entire base which is essential for identifying some species. One of each questionable type is adequate. Do not clutch specimens in a brutal manner because you may destroy some subtle identifying characteristic. A non-intact mushroom is no help at all. Beware of plastic bags. For wet weather they have definite advantages, but we have the memory, still vivid, of approaching an expert at the Exhibit with a few poor mushrooms in a plastic bag, and hearing the expert growl, "Why must they always bring them in plastic bags?" Oh cower, crawl, creep. When you plastic bag a mushroom the captured humidity tends to make it mushy and nasty in a very short time. Serious mycologists frequently bag each mushroom separately in waxed paper sandwich bags.

(con't. on last page - my we're wordy)

The potluck is an event inside an event. If the mushrooms fail us we always can rely on a superb potluck. Bring a dish-to-pass (actually the dish stays in the same place) of any type--hors d'oeuvres, main dish, salad, dessert. Bring also personal plates (or troughs) and eating implements. PSMS provides cups and cups of coffee and much miscellany. The dishes-to-pass are put on a table and the diners line up, plate-in-hand, and help themselves. Seating is provided. For meals other than the first evening potluck, you're on your own.



There is much that can be said about a field trip, but the best way to find out about it is to try it. Hop in your camper or trailer, roll up the tent, or just spend one day field tripping. As long as you go.

THE BOARD FINALE

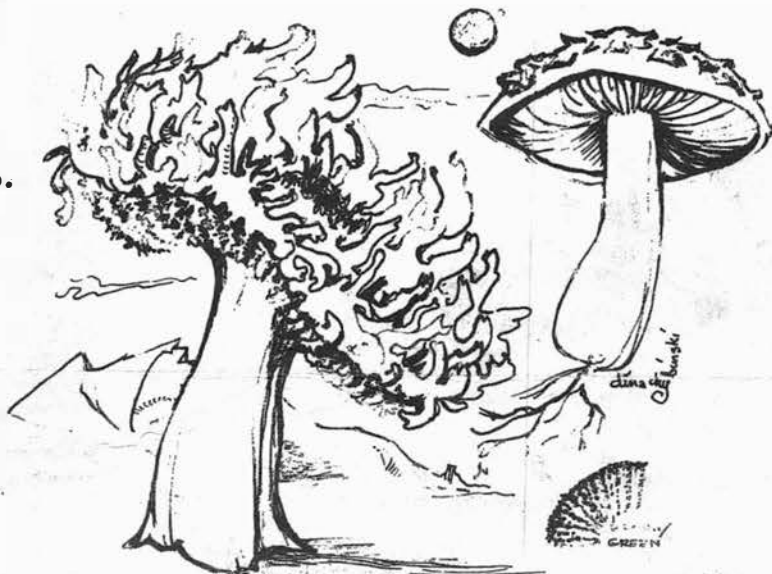
Sixteen officers, board members, and visitors appeared for this final meeting of the old (sorry) board--surely a record of some kind. The Treasurer's report was heard: Money is up over last year at this time to the tune of \$730 and some cents. Brava! The membership now stands at 559. The new membership roster is in the works and should be mailed some time in May.

The fate of the Society's Mushroom Cookbook is still undecided. 250 souls had signed up for the Banquet which is now only a memory. Plans continue for a seminar and/or symposium in conjunction with the Banquet and/or Exhibit. Charles Proctor is the Chairman of this committee which will meet April 10 at 7:00 pm in the Board Room at the Science Center.

The Army Corps of Engineers in in the process of compiling an Atlas of the environmental features of Washington (among other states), and the PSMS was asked to contribute information (among other groups). This constructive effort on the part of the Corps (at last - Ed.) was considered by the Board and turned over to Dina Chybinski.

Secretary Helen Hewitt read her suggestions for the next board which included an orientation tour of PSMS facilities at the Science Center, the reading of the bills PSMS receives, reviewing the by-laws, and an exhortation to Board members to act for the Society (PSMS, that is) rather than for the individual.

Howard Melsen closed the meeting with a thank-you to the members of the Board and a farewell.



Lacking ring or volva, this large tan to brown, scaly-capped mushroom has free pink gills that gradually darken to brown as spores mature. Though the spores appear to be coffee brown in a heavy deposit, under a microscope they are revealed in their true color: brilliant green. Treated with Melzer's iodine they effervesce. The microscope reveals, also, details of the curious structure of the gills, which resemble those of the aquatic larvae of *Ambystoma gracilis*, and probably serve the same purpose, namely, to extract necessary oxygen from the water in which it remains submerged for part of the year. During this period, the scales on the cap elongate and move about absorbing micro-organisms from the water--which probably explains its characteristically fishy smell.

Like the decayed shrimp odor of the equally tasty *Russula xerampelina*, the briny smell disappears on cooking. Succulent and delicious when cooked, this mushroom is highly hallucinogenic if eaten raw. If you want a good trip, discard the gills, otherwise you will have a bad trip. Newly discovered, our Mystery Mushroom for April does not appear in the Friesian key or any of the commonly used textbooks.

Answer: *Primaprillia extraterrestialis*. This exotic fungus was discovered fruiting in abundance inside the crater of Mt Olympus by the Mariner 9 expedition. Although gathering *Primaprillia* is a difficult and even breath-taking experience, for the Mt Olympus is 80,000 feet high, this person limit has been set at the number of fingers on one hand: fourteen. For further details of the local authorities. For further details of the habit of *Primaprillia extraterrestialis* see the National Geographic for February, 1973, page 231.

