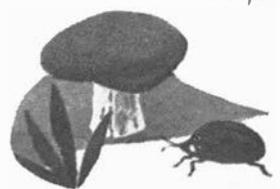


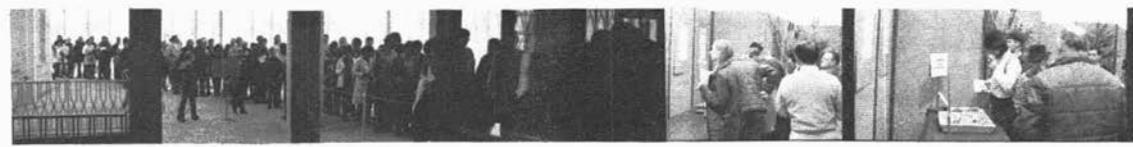
# SPORE PRINTS



BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
200 Second Avenue North Seattle WA 98109  
October, 1973 Number 95



The Tenth Annual Pacific Northwest Mushroom Exhibit will be held Saturday and Sunday, Oct. 20 and 21, 12 noon to 8 pm, at the Eames Theater of the Pacific Science Center. Photos of the 1971 and 1972 Exhibits by Patrick Higgins and Roger and Joy Spurr.



# membership meeting

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

A lovely slide show will be part of this program, but rather than describe it we're going to concentrate on everyone helping out at the exhibit. Now, pick up the telephone and dial Jim Bennett at 784-6236. Say, "Jim, I want to help out at the Exhibit. What can I do?" That's right, the telephone. . .pick it up. . . dial Jim Bennett. . .say, "Jim, I want to. . .

## FIELD TRIPS

by Martin Hansen

- Oct. 6/7/8 Dalles Forest Camp. Naches Highway, 25 miles S.E. of Enumclaw. This camp officially closes Oct. 1, but we have special permission from Ranger Lloyd McGahuey to use it as long as we clean up and close the gate after ourselves. Gate closing time is 2:00 pm Mon. Oct. 8 (afternoon). Be gone by then or you will be there all winter.
- Oct. 13/14 CHANGE CHANGE CHANGE CHANGE !!!!! Lake Arrowhead. Travel toward Shelton. At top of hill before entering Shelton, turn left and follow signs to Lake Arrowhead. It's a ways past the turn, quite a ways.
- Oct. 27/28 Oak Patch Camp near Bremerton. Go to Belfair, turn left to Tahuya, go past Belfair State Park, turn right on Klendahl Pass Rd., a little over two miles. Take note of Tahuya River Valley sign and take gravel road straight ahead of this sign. Oak Patch is on the left. It is wise for mushroom hunters to be aware of hunting season. Wear bright colors and make lots of noise in the woods. This is the last fall trip.

## FIELD TRIP REPORT

by Irene O'Connor

There had been no rain in the Quinault Valley for more than two months, but in spite of the dry weather, the field trip to the Quinault Valley Rain Forest on the weekend of Sept. 15 and 16 was an outstanding success. Martin Hansen handled his job in his usual, capable manner and Jack Orth, Milton Grout, and Brian Luther formed a peerless team who identified 86 species. (Had dampness prevailed for 10 days before, the number would have been doubled.) There were 54 names on the register and 50 joined in the potluck.

Falls Creek Campground, the headquarters for the trip, was enjoyed as one of the finest and most beautiful encampments of the PMS field trip schedule. A heartening bonus of the event came in sharing the campground with 38 outstandingly considerate, mature Jr. High students from Baker High in Tacoma who were also on a field trip studying Northwest Natural History. Whoever was kind enough to take care of hostess Irene O'Connor's wooden-handled serving spoon may bring it to the Exhibit in October.



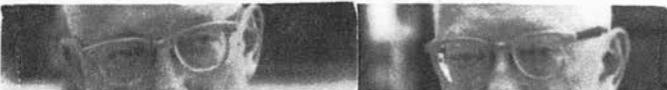
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ALTERNATES Dorothy Conway, Everett Peavey, and Bill Pollard

SCIENTIFIC ADVISOR Dr. Daniel E. Stuntz



## CALENDAR

- Oct. 6/7/8 Dalles Field Trip
- Oct. 8 Monday 8:00 pm Membership meeting
- Oct. 13/14 Lake Arrowhead Field Trip
- Oct. 15 Milt Grout's Fall Class (cont)
- Oct. 20/21 The Tenth Annual Mushroom Exhibit
- Oct. 22 Monday 8:00 pm Board meeting
- Oct. 26 Deadline for news for Sporeprints  
Send to PMS, 4029 E. Madison,  
Seattle WA 98102
- Oct. 27/28 Oak Patch Field Trip
- Oct. 29 Milt Grout's Fall Class
- Nov. 5 Milt Grout's Fall Class
- Nov. 12 Monday 8:00 pm Membership meeting
- Nov. 19 Milt Grout's last Fall Class

volunteered to help in putting on the Exhibit and: Your conscience is bothering you: Relieve it by volunteering now!

If you already have volunteered and feel you can help on another committee, that would be **WONDERFUL!**

We have just a few days to go and some vitally important committees are in dire need of help:

Construction—Charles Kessner needs 10 people

Clean-up—Don Peterson needs 2 people

Greenery Collection—Paul Rule needs 4 more people to collect greenery on the 18th and 19th

Specimen Collection—Martin Hansen needs 21 more

Decoration—Jack Orth needs 2 more people

Hosts & Hostesses—Virginia Peterson needs 3

Hospitality (Nourishment)—Judy Roger needs 2

Please sign up on the cards which will be put out at the meeting or call the Chairperson of the respective Committee, or call Jim Bennett 784-6236.

#### CAP YOUR NEXT DINNER WITH DELICIOUS MUSHROOMS (cont)

This article is from the March issue of Prevention magazine. The first part of it appeared in the April Sporeprints where it was discussing the anti-cholesterol powers of mushrooms. Sara Nephew sent it to us.

What is it that gives mushrooms this unique cholesterol lowering quality? It is not generally known, but these little umbrella-shaped fungi which you enjoy with such relish are gold mines of many factors which play an important role in the health of the cardiovascular system. Besides those we already mentioned, the mushroom offers choline, a lipotropic agent that combines with digestive fats and prevents their excessive accumulation in the body, and lecithin, a natural emulsifying agent that keeps cholesterol broken up into small particles and prevents it from lumping together in arterial deposits.

If you know your mushrooms well, and are stranded in the woods, you could live very nicely by dining on them regularly. Besides all the vitamins and minerals we've mentioned, mushrooms also contain protein, fats, and carbohydrates. J. Ramsbottom of the Department of Botany at the British Museum in London found in animal tests that the protein content of mushrooms was sufficient to sustain life. Rats receiving mushrooms as the sole source of protein survived a six-week test period and

actually showed a gain in weight. (*Proc. Nut. Soc.*, Vol. 12, 1953).

Some mushrooms have proven to be edible antibiotics. At the New York Botanical Gardens, Dr. William J. Robbins and a group of colleagues laboriously analyzed the contents of 332 different kinds of mushrooms and found that 213 of them contained substances with definite germ-stopping properties. From one type, they isolated a particularly promising substance which they christened Pleurotin. When minute quantities of Pleurotin were put into flasks with *Staphylococcus*, the growth of the germs promptly ceased.

Knowledge of the tumor-inhibiting properties of mushroom extracts dates back to old folklore discovered by E. H. Lucas in 1960, when he visited a tiny mountain village in the Bohemian forest near the Bavarian border. According to this folklore, the lumberjacks in this area believed that eating a certain type of mushroom (*Boletus edulis*) prevents cancer (*Mycologia*, March-April, 1963). When dried material of *Boletus edulis* was obtained for the preparation of crude water extracts and tested

At 10:30 pm on May 3, 1973, my phone rang. A worried voice on the other end said, "I think I've eaten a poison mushroom."

"Why do you think so?"

"Because I'm intoxicated. I can't see straight, my muscles twitch and I'm terribly sleepy."

"Did you contact the Poison Clinic?"

"Yes, but they didn't seem to know anything. They couldn't find their file on mushroom poisoning."

This was interesting because the PSMS had distributed over 1,000 pamphlets on mushroom poisoning to physicians, hospitals and poison control centers throughout the state. I could sense he was trying to hold himself together, so I got my own pamphlet out and asked him to describe the mushroom. Then I read off the symptoms induced by *Amanita pantherina*, the most prevalent poisonous mushroom here in the spring. He ticked them off one by one, and they fit perfectly except no delirium.

He had mowed his lawn and found two Panther *Amanitas* in the process. They were relatively small, about 3 inches across the cap. He did not dig up the base of the stem to check it. The brown cap with small bits of light gray tissue adhering to it looked like a Shaggy Mane mushroom to him so he didn't question it. The two look nothing alike but he squeezed this one into the description of another, a common mistake made by those with a little knowledge on the subject.

So he cleaned and cut them into bite-size pieces, sat down with three beers and ate the first one raw. The taste was excellent, he said, but, fortunately for him, he saved the second one for later. In half an hour the symptoms began: drowsiness, intoxication, confusion, muscular spasms, nervousness, and visual disturbances. His wife reported the following morning that his pupils were widely dilated and that she thought he was completely drunk because he was so uncoordinated.

This began at 4:30 pm and he did not locate me until 10:30 pm. He had refused to go to sleep for fear he wouldn't wake up. I advised him to see a doctor, but he said he was out of work and couldn't afford a doctor or hospital. Since he had eaten only one and was probably past the normal length of time for further clinical effects, he didn't appear to be in danger. I told him to go to bed and I would see him in the morning.

The remaining mushroom proved to be *Amanita pantherina*. His recovery was good but some effect still lingered. During the night he recalled vivid dreams of huge panoramic mushrooms, particularly the gill pattern.



## MILT GROUT'S FALL CLASSES CONTINUE

Classes began September 17 and will continue until November 19. They are held all Mondays from 7 to 9 pm, except meeting nights. A modest tuition fee of \$5.00 is charged for the series and this includes a compendium of PSMS literature. Milt Grout is a superb teacher, as anyone who has attended his classes will testify.

## SPECIAL THANKS DEPARTMENT

Special Thanks to Belle Swaffield, George Rafanelli, and Dr. Stuntz for the many hours of labor they put in on our newly created textbook for classes.

## ALL PSMS MEMBERS BEWARE

Information has come to me recently from an unreliable source, who for that reason wishes to remain anonymous, that the little-known legend of The Great Mushroom has been confirmed as fact, he thinks.

Our source affirms: "The Great Mushroom is not a fable but a fact. The three days preceding October 19 must be days of continuous rain, and October 19 must not be a rainy day but only cloudy and cool. If these conditions prevail, then on October 19, if it falls on a Friday, The Great Mushroom, *Amanita Terribilus*, will fruit. *Amanita* the Terrible has a dry, white pileus with pink patches of the universal veil and measures up to 19 inches in diameter. The flesh is white and has not distinctive odor or taste. The lamellae are free, white, and have spores that measure 21 microns. They are white and subglobose with a pore at the apex. The pileus is supported by a central, robust, purple stipe up to 19 inches high and 7 inches in diameter. It has a persistent, floccose, pendant annulus with concentric zones of rainbow colors. This magnificent mushroom rests in a pink, saccate volva the size of a volley ball and can be found only in dense, virgin forests of mixed conifers.

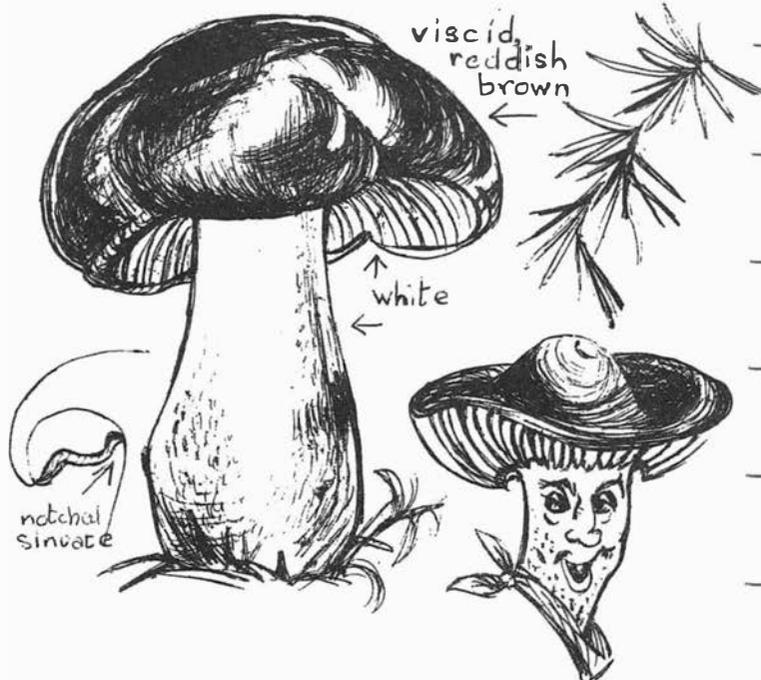
*Amanita Terribilus* has other unique characteristics. It is poisonous only under certain conditions too complex and detailed to enumerate here. (Information on the poisonous properties may be had by consulting the works, vol. I sect. IX - pp. 1-9, of the late internationally known authority on mushroom poisons, Dr. I.D. Doubtful. He died of unknown causes on October 19, 1962.) The Great Mushroom also has a certain quality of what we might describe as awareness or consciousness. Indeed, some who have eaten it in the edible stage of development have testified to a sudden state of transcendental consciousness.

If on an October 19 you should happen to come upon The Great Mushroom **BEFORE** it is aware of your presence, then immediately you will be mysteriously guided, as by some unseen power, to a quantity of your most prized edible, such as you've never found it before. But if you should happen to see *Amanita* The Terrible **AFTER** it is aware of your presence, you will die of mushroom poisoning within the next year."

Happy Hunting! See you at the Survivors Banquet?

Dennis Krabbenhoft

# mystery mushroom



A BAD 'UN: Look for the notches on its gills

To anyone tempted to eat it, this large chunky brown-capped mushroom might smell like tasty meal or linseed oil. But those who recognize it as the unsavory character it really is claim it smells like cheap oilcloth. It has white spore, sinuate white gills that soon become tinged or dotted with reddish-brown, and a sturdy white stipe that is browner at the base and wherever handled.

The reddish-brown cap is paler toward the edge, and is covered with a viscid layer that is sticky when wet, but gives the cap a varnished look when dry. Known to cause gastric disturbances, this trickster is believed to contain small quantities of a muscle relaxant similar to the poisonous property in curare.

Continued from page 3  
180 by the Sloan-Kettering Institute for Cancer Research, very striking inhibitory effects could be demonstrated by this species of *Boletus*.

Besides this big bagful of benefits to your body, mushrooms might even go to your head. They are particularly high in glutamic acid, the amino acid that is so essential to the functioning of the brain.

Long before it was known that mushrooms were rich in so many

valuable nutrients, they were highly prized as a delicacy "fit for a king" and were reserved as a special delicacy for royalty. Today, mushrooms are big business. Almost 2 million pounds are produced every year. The Toughkenamon Valley area around Kennett Square, just west of Philadelphia, grows more mushrooms than the rest of the United States put together. Today mushrooms are available at all seasons to provide the magic touch that transforms food into cuisine in any household.

Answers: *Tricholoma pessundatum*, the Red-Brown  
Tricholoma. See McKenny/Stuntz page 51, or Charlie  
Volz's Tricholoma key in Fiddle Search, September  
1972, page 8.