

# SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
200 Second Avenue North, Seattle, Washington, 98109  
September 1976

Number 124



## PRESIDENT'S MESSAGE

Jack Orth

As you all know the life sustaining effort of our society is the Annual Exhibit. It's practically the only means we have of financing our organization. Although there are no paid members, there is considerable expense involved in running the society: contributions to the Pacific Science Center (in lieu of rent); printing the annual roster and Spore Prints; rental of storage space for the Exhibit materials, mailing, etc. These expenses amount to more than the dues paid by our members. To raise the dues would be unthinkable, so the Annual Exhibit is our solution.

In order to continue to put on an Exhibit of professional quality (a hallmark of PSMS) we again need the help of the entire organization. There are jobs for highly skilled artisans as well as for unskilled labor (the pay is the same, namely none). Help is still needed on all the committees. The many committees and chairmen (if already known) are listed below. During the September membership meeting a list for each committee will be available, and every PSMS member is urged to sign up for at least one of them. You will find it is a lot of fun working with other members, and very rewarding when you see the finished job.

At the Exhibit you will see more identified mushrooms than you could possibly collect yourself in one season. It is fascinating to me every year to see how with the cooperation of 'older' experts and novice members assisting, PSMS is able to put the Show together in so short a time.

This year we will be working under the able leadership of Lyle McKnight, who will be assisted by Winston Hufford. (You may remember that Lyle had agreed to be the Exhibit Chairman last year, but had to bow out when business commitments sent him to South Africa). Fortunately, our talented organizer, Ed Cantelon, was able to carry on and produce a top notch Show. Well, Lyle says he wants to finish what he originally started and can't lose with your combined help. Therefore, at the September meeting be prepared to assume your share as a member and sign up for the committee of your choice.

## MEDIA MYCOLOGICAL REPORTS

In a recent issue of *Mycophile*, the official publication of the NAMA it was reported that the Associated Press ran an article headlined "Fungus Brew Cure All" from Tokio, Japan. Kocha Kinoko, which literally translates into mushroom tea, is the latest fad in Japan. Thousands of users claim it is a preventative or cure for all sorts of problems from cancer to constipation. It is said to have its origin in Siberia, and was brought to Japan by a teacher. Mrs. Nakamitsu has written a book, "How to Keep Healthy with Kocha Kinoko". This book appeared last December and has sold half a million copies and triggered the fad. The fungus was not named but was explained as being a white jelly-like substance. The brew is concocted by placing the fungus in a jar of cold black tea, laced with brown sugar, then covered with cheesecloth and permitted to ferment for about ten days. The brownish colored brew looks and tastes like sweet-sour lemon tea. Doctors are quite skeptical, but many prominent persons swear by its curative properties.

## HEAR YE! HEAR YE! THE MUSHROOMS ARE COMING

Lyle McKnight

Soon to follow will be our annual Mushroom Exhibit. YOUR assistance is urgently requested in the presentation of this very important project. Working on the Show provides an opportunity to meet interesting people and perform a valuable service to your Society. Positions are available at all levels of experience and skill. So sign up at the September membership meeting ..... or call Lyle McKnight (phone 772 - 5567) and volunteer your services. Let's improve on this box office scene in 1976!



## SHOW COMMITTEES

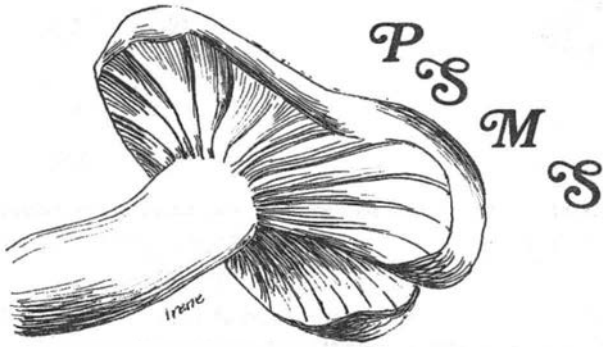
Lyle McKnight

The following committees have been set up to assist in the production of the 13th Annual Exhibit to be held Saturday and Sunday, October 16 & 17 at the Pacific Science Center. If known at this time, the chairman's name and phone number is also listed. You could pick up your phone and volunteer for the committee of your choice RIGHT NOW.

- Arts & Crafts - Fay Melsen (778 - 8191)
- Book Sales - Helen Wasson (243 - 6173)
- Clean Up - Dick Leonard (363 - 8049)
- Commercial Display - Charles Woodruff (454 - 4747)
- Construction - Winston Hufford (HU6 - 4784)
- Decorations - Dennis Krabbenhoft (WA7 - 4221)
- Freeze-Dry Exhibit - Dr. Patricia Winter (486 - 4264)
- Greenery - Paul Rule (794 - 8987)
- Hospitality - Virginia Kessner (242 - 1305)
- Hostess - Josara Hendrickson (522 - 1398)
- Identification - Charles Volz (363 - 5465)
- Labeling - M. Dilly (782 - 8511) & D. Henderson (525 - 9379)
- Membership - Ronna Randall-Brown (232 - 8998)
- Preservation - Jennie Schmitt (255 - 5286)
- Tray Arrangement - Estella Hansen (242 - 8717)
- Photo and Slide Show - Joy and Roger Spurr (723 2759)
- Publicity - Jerry Cone (523 - 8849) (767-4408)
- Specimen Collection - M. Hansen (242-8717) & G. Rafanelli

## PORT TOWNSEND MUSHROOM SHOW John Parker

The Jefferson County Mycological Society will hold its Third Annual Mushroom Show on October 9 & 10, 1976 at Fort Worden State Park, located on the beach near Port Townsend. There is ample room for campers and trailers. On Saturday at 6:00 pm there will be a potluck with entertainment. The Show will be open to the public on Sunday (free of charge). All PSMS members are invited to attend.



## Spore Prints

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**OFFICERS** J.W. (Jack) Orth, President (523-0586)  
Gerald Cone, Vice-Pres. (523-8849)  
John T. Mudge, Treasurer (232-1962)  
Shirley Cox, Secretary (282-8103)

**TRUSTEES** Ken Chaplin; Robert Hanna, Earl Harrison;  
Winston Hufford; Helena Kirkwood; Ronna  
Randall-Brown; Louise Rautenberg; Richard  
Sieger; Dr. Fred VanDeBogart; Buzz Walters.  
Milton Grout (immed. past president)

**ALTERNATES** Margaret Holzbauer; Mitchell McGuinness.

**SCIENTIFIC ADVISOR** Dr. Daniel E. Stuntz

### CALENDAR

- Sept. 11 & 12 Fieldtrip to Masonic Park
- Sept. 13 Monday, Membership Meeting, 8:00 pm
- Sept. 18 & 19 Fieldtrip to Soda Springs Forest Camp
- Sept. 20 Monday, Fall Class, Eames Theater, 7:00 pm
- Sept. 20 Board Meeting, 8:00 pm
- Sept. 24 Deadline for Spore Print Material  
Send all articles, art work, and especially recent  
photos to the editor, %4029 E. Madison, Seattle,
- Sept. 25 & 26 Fieldtrip to Tumwater Forest Camp
- Sept. 27 Monday, Fall Class, Eames Theater, 7:00 pm
- Oct. 2 & 3 Fieldtrip to Crystal Springs Forest Camp
- Oct. 4 Monday, Fall Class, Eames Theater, 7:00 pm
- Oct. 9 & 10 Fieldtrip to the Dalles Forest Camp
- Oct. 9 & 10 Third Annual Mushroom Show Port Townsend
- Oct. 11 Monday, Membership Meeting, 8:00 pm
- Oct. 16 & 17 The 13th Annual Exhibit

DID YOU HAVE A NICE SUMMER ?



Monte sez: "What summer?" Anyhow, all this rain we had in  
August should produce lots of our favorite fungi!

# Membership Meeting

Monday, September 13, 1976, 8:00 pm., Eames Theater,  
The Pacific Science Center.

**Program:** Howard C. Melsen,  
past president of PSMS will pre-  
sent a lecture with slides on the  
FALL MUSHROOMS which we  
are most likely going to find  
on the coming fieldtrips. This  
is an excellent way to get them  
in focus again.



The rest of the meeting will be devoted to organizational  
matters about the Annual Exhibit.

### BOARD NEWS

H.R.H.

After the summer recess the Board was rolling up its sleeves  
and ready to tackle the business of the coming season.  
Due to the summer lull there was not much committee acti-  
vity, but everyone is ready to assist in the big task ahead,  
namely the Annual Exhibit to be held October 16 and 17.  
Jerry Cone has submitted an article to Sunset magazine and  
we hope they will publish it (but they don't promise anything).  
At the September membership meeting Jerry will have the  
posters advertising the show, and all members are urged to  
take some and have them displayed in stores and public pla-  
ces where many people can see them.

Monte Hendrickson reported that the reprinting of the educa-  
tional booklet: A Compilation of Educational Material De-  
signed to Assist in the Identification of Pacific Northwest  
Mushrooms, is completed. The booklet is enlarged (by 10 pa-  
ges) and has a beautiful new cover (art work by Irene O'  
Conner).

The next topic discussed were the fieldtrips, which are listed  
on the third page of this bulletin.

The rest of the meeting was devoted to the organization of the  
Annual Exhibit. Chairman Lyle McKnight indicated that he  
had been successful in getting chairmen for all important  
committees (and now it is up to us (the members) to assist the-  
se chairmen by volunteering to help on one or more commit-  
tees, ed.)

Just as it was moved to adjourn, an official of the Entological  
Society of the Pacific Northwest stuck her head into our  
meeting room and invited us to the Wine Festival which that  
society was holding that evening at the Pacific Science Cen-  
ter. What a treat!



### MUSHROOMS AS CANCER CURE

The official publication of NAMA, "The Mycophile" also re-  
ports that the magazine "The East" in December 1975 states  
that a new anti-cancer medicine has been under tests in Japan  
for some time. Called PS-K (Polysaccharide Kureha), it was  
developed by the Kureha Chemical Industry Co., after more  
than ten years of experimenting. PS-K does not directly des-  
troy cancer cells but aids a patient whose immunity has been  
lowered by chemotherapy to resist the spread of cancer. Un-  
like other anticancer treatments, it has no harmful side effects.  
PS-K has been used for a few years in hospitals affiliated with  
national institutions in Japan, but has not yet been produced  
commercially. PS-K is an effective treatment for various ty-  
pes of cancer. The most practical use is to administer it to  
patients after they have undergone surgery to remove cancer-  
ous cells or organs.

The fall mushroom season is here, and if the rest of the year is anything like our "summer" we will need our raingear with the baskets.

If you want to participate in a fieldtrip, we recommend to do so on Saturday when the area is not completely picked over, and so you can participate in the usually very delicious potluck which is held on Saturday. (Note: To the potluck you should bring ONE dish of sufficient quantity to feed your family. It can be a hot dish, a salad, or a dessert.)

Needed for the fieldtrips are HOSTS. These are friendly people who welcome our members when they arrive at the designated fieldtrip site. They usually have a pot of coffee and tea ready, and they can tell you where to go looking for fungi. On recent fieldtrips it was possible to have experienced mushroomers available at about 10 and 11 o'clock who would take newcomers in tow. We will try to continue this practice if possible.

It is important that everybody (you too) register upon arriving at the fieldtrip site, whether you plan to stay for the potluck or not. Also at that time, please pay if there is a fee.

On a fieldtrip everybody is encouraged to bring in every different mushroom that they find, because an expert will identify them all and they will be displayed on a table. We all learn from this experience, since we can see them, feel them, smell them and taste them.

Again we will try and arrange for carpooling for fieldtrips. But this is a new season and we start from scratch. The rules are as follows: Those members who plan to attend the fall fieldtrips should call Monte Hendrickson (523-2892) and let him know if they can (a) provide rides; or (b) need rides. During the week preceding the fieldtrip the two categories will be "matched up". Let's hear from you. It is our hope that all members who would like to go on fieldtrips would have the opportunity to do so.

If a previously scheduled fieldtrip has to be cancelled, a message to that extent will appear Wednesday-Thursday and Friday in the PERSONAL column of the Seattle Post Intelligencer and the Seattle Times. No message will appear if the fieldtrip is held as announced in Spore Prints.

The dates and places of the fieldtrips are listed below, if you plan to be a host please call Dave Schmitt (255-5286) or Monte Hendrickson (523-2892) or sign up during the September membership meeting.

#### CLASSES, CLASSES, CLASSES

Milton Grout

The popular fall class in mushroom study will again be held on Monday evenings from 7 - 9 pm in the Eames Theater at the Pacific Science Center. Classes will be held beginning on September 20th and will run on consecutive Mondays through November 22nd, except for regular Society meeting nights. The class will be taught by Milton Grout and George Rafanelli. All common genera will be covered and will be amply illustrated with slides from the PSMS collection. The class will be structured with the beginner in mind, but will be in sufficient depth to interest the intermediate groups as well as a good review for the more advanced.

Fresh specimens directly from the field will be identified and discussed. All participants in the class are requested to bring in specimens and the first half hour will be spent on identification.

A fee of \$5.00 per person will be charged to assist in our financial support of the Pacific Science Center as well as to cover the cost of the PSMS Book of Instructional Materials. So reserve Mondays for a couple of months and join a group of interested and interesting people.

#### Sept. 11 & 12 Masonic Park - 4 miles east of Granite Falls.

Go to Snohomish, then follow State Highway #9 (north) to the turn-off (east) for State Highway #92. Follow #92 (east) to Granite Falls and continue east (toward Verlot) for about 4 more miles. Then watch for the signs to the Masonic Park (you turn left).

There will be a \$2 per day charge for over-night campers and trailers, and \$1 per car for day visitors. Non-Masons (that means most of our PSMS members) are welcome at the park Friday-Saturday-Sunday only.

**NOTE:** There will be absolutely no admittance or leaving the park after 10 pm.

Also there will be no mushroom identification after 1 pm on Sunday.

#### Sept. 18 & 19 Soda Springs Forest Camp - Drive State Highway #410 east over Chinook Pass to the Bumping Lake Road (Road #174), follow this

road about 5 miles south of the American River resort. The camp is on your left.

#### Sept. 25 & 26 Turnwater Forest Camp - On State Highway #2

drive over Stevens Pass. The camp is located about 10 miles North of Leavenworth.

#### Oct. 2 & 3 Crystal Springs Forest Camp - Drive east on

Interstate 90. Take the Stampede Pass Exit (which is about 10 miles east of Snoqualmie Summit) Turn to the right and follow the mushroom sign.

We are again trying to arrange dormitory-type (bring your sleeping bag) sleeping arrangements for members without RV's.

#### Oct. 9 & 10 Dalles Forest Camp. Drive east on State Highway #410 to about 25 miles S.E. of Enumclaw.

The camp is on your right.

#### BITS AND PIECES

H.R.H.

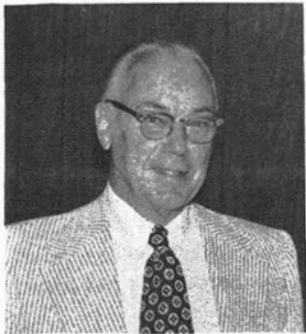
On Sunday, August 22nd about twenty PSMS members gathered and celebrated Bill Pollard's 81st birthday. As you know there is not a more enthusiastic and dedicated mushroomer than Bill around. We join in the congratulations and wish you many more mushroom years, Bill.

Our talented and charming Irene O'Conner visited relatives in Finland this spring and was served moose with mushrooms. Upon inquiring about the variety of fungi that were being served, the relatives shrugged their shoulders.....

We wish Tak Mochizuki and Bernie Swaffield a speedy and complete recovery from their accidental injuries.

Your editor, on a recent trip to Vancouver, B.C., saw the following in a gourmet shop: one 15oz can of Boletus edulis \$6. and Cantharellus cibarius, \$5.25, both were imported from West Germany.

PSMS has reprinted and enlarged its publication: A Compilation of Educational Material Designed to Assist in the Identification of Pacific Northwest Mushrooms. The booklet will be available to members. The beautiful art work on the cover was provided by Irene O'Conner.



This month we feature our immediate past president, Milton Grout, in this column. He too, like many other VIP's in our society, actively participated in PSMS functions right from the time he became a member in 1968. He has been a member of or the chairman of the Educational Committee since 1969. He ran for the Board, and was PSMS President during 1974/75.

Everybody knows, of course, that Milt holds the excellent, annual Fall Classes for PSMS members, and your editor has attended several of them. The subject matter of mycology is so broad and varied that one can never stop learning, and Milt adds new things every time around.

Among Milt's other hobbies (besides mycology) are botany, hiking, boating, and fishing. He is a member of the Washington Fly Fishing Club.

Milt was born in Ilion, New York and grew up in New England. He graduated from Clark University and the Harvard Business School. In the business world he holds the position of vice-president of finance with the New England Fish Company. Besides tending to finances, his special interests are directed toward fisheries economics, resource utilization, sustained yield, and improved provision of protein. Professionally he is the past president of the Financial Executives Institute, and a member of the National Association of Accountants.

Milt and his wife Louise have been married for 36 years. They have four children who are all skilled in the outdoors and knowledgeable in mushrooms.

(Your editor recommends to all, but especially to newcomers to try and attend the coming classes. The newcomers will learn the fungi faster and the others benefit from a review.)

#### HINT ON HOW TO KEEP SHAGGY MANES LONGER

All of us have experienced at one time or other that we could not get the shaggy manes (*Coprinus comatus*) into the cooking pot fast enough. They were beginning to get black, shrivel up, and became a black sodden mess before anything was done to them. And then it was too late.

In the April issue of Field and Stream Magazine, it is stated that if you arrange your shaggy manes UPSIDE DOWN in a shallow box, they will keep longer. Evidently this confuses them, and since they don't know what to do, they don't do anything. If there was no black on the gills when you gathered them, they will keep up to a couple of days.

The article also states that if you should be lucky enough and find a lot of shaggy manes, and can't eat them all fresh, there is an easy way to freeze them. Arrange them just the same way (upside down) and quick freeze them with no other preparation. They will last for several months - if you can leave them alone that long. Most other mushrooms keep better frozen if they are simmered in butter until about half done, and then frozen. But unlike the others, the shaggy manes should not be thawed when you take them from the freezer. Cook them immediately, while still frozen, and exactly the same way as if they had not been frozen at all. Split the big ones lengthwise and leave the small ones alone. The article recommended the following recipe: Dip the shaggy manes in egg, roll them in cracker crumbs, and drop them into deep, hot salad oil. When they are brown, they are done - in a matter

of a minute or two at about 375°.

One of our own PSMS members last year was successful in drying shaggy manes in her camper oven. She reports the taste of dried shaggy manes, when nibbled is very, very good. They all disappeared as snacks before she had a chance to re-constitute them.

The above mentioned method of keeping shaggy manes longer is certainly worth trying. Please report success or failure to your editor so that we can keep our PSMS members informed.

#### FOLKLORE AND LEGEND ABOUT MUSHROOMS

Linus Zeitlmayr

There are many fairy tales and folk songs about fungi - "The little people of the woods". Ancient legends tell stories of strange beings with fat bellies and round hats appearing suddenly in the woods and then, always cloaked in secrecy and magic, suddenly vanishing.

From this ancient consciousness of magic some vestiges still live on in popular superstition. In parts of Europe, for instance the appearance of mushrooms and toadstools is believed to depend on the gods of Nature. The belief probably goes back to the ancient gods, Donar and Wotan, and was later transferred to their Christian counterparts, that is to God and his Saints: St. Peter, patron of the weather; St. Vitus, descendant of the Slav sun-god, Svantevit; and to St. Procopius and St. Anthony the Hermit.

Or else devils, witches, elves, and good and evil spirits are thought to be responsible for the growth of fungi and little offerings or 'mushroom prayers' are made to all of these. The Fly Agaric (*Amanita muscaria*), thought to be one of the most poisonous fungi, and also the puff-balls are 'Devil's Work', 'Devil's Bread', or 'Devil's Snuff'. 'It rains mushrooms and toadstools' on St. Peter and St. Paul's Day is another legend. St. Veit, on his anniversary, 15th of June, is supposed to ride at night through the woods on a blind, white horse - as did Wotan - sowing mushroom seeds. St. Anthony the Hermit whose symbol is a pig, has mythological connections with fungi, and is considered the patron of fungus collectors and dealers in fungi. As a hermit, he wanders through the forests with his staff, on which there is a bell, dispersing the evil spirits which hide the good mushrooms from human view.

Then there are beliefs about 'betraying mushrooms', that is certain fungi which reveal or betray the presence of the edible Ceps (*Boletus edulis*). Among these are the *Amanita muscaria*, the *Lactarius piperatus*, and the *Boletus scaber*, as well as varieties of agarics. Experience fungus gatherers will know that there is a grain of truth in this legend. Some species of fungi grow in circles, forming the so-called 'fairy rings' and these have given rise to various popular superstitions. According to one of these, the more luxuriant growth of grass, or its sparseness, is the scene of the nightly dances or festivals of the 'mushroom fairies', elves and spirits. (Taken from Wild Mushrooms, by Linus Zeitlmayr, 1968, The Trinity Press, Worcester and London. This book is owned by PSMS.)

#### WELCOME TO THE FOLLOWING NEW MEMBERS

Barbara Boling (244 - 6927); Wm. & Janice Chenoweth (283-2544); Mr & Mrs. C. William Donovan, Jr. (232 - 0108); Dr. Charles & Lillian Kaplan; Wardy & Heidi Quade (746 - 5806); Albert & Ella Summerfield (784 - 5178); Stuart M. Thompson; Mary & D.C. Van Hoose (464 - 4662); Irene & Wm. Vey (255 - 3613). It looks as if another bountiful mushroom season is approaching.