

SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY.

2559 NE 96th, Seattle, Washington, 98115

October 1982

Number 185



MORE HELP IS NEEDED FOR THE EXHIBIT Carl Hermanson

In just over a week from the time you read this notice, the doors will open for our 19th Annual Exhibit. We have been working on it since last spring, but the majority of the tasks can be done only now. Even though most committee chairmen have some help, they could use more. It would be very nice if you would call them and not wait till the October membership meeting to sign up, and we list the committees and the chairmen below.

The publicity committee has been in high gear for some weeks but they have discovered that our PSMS Show Posters are not posted in all parts of the city yet. If you need more, call Charlotte Turner-Zila (325-1519).

This year again we are able to have a Hospitality Committee chaired by Betty Okura (722-9011). This committee provides nourishment for the members who work on the Exhibit. PSMS purchases certain items, but we ask that every member coming to the Exhibit, either to work or to look, bring some food item (casserole, salad, dessert, etc.) and Betty and her crew will keep the food hot, slice it, etc. Don't forget the food. It was a very nice amenity during the Exhibits in prior years.

I also encourage as many members as possible to go out on Friday, October 15th or even Saturday morning to collect fungi. If you have not been assigned an area, call George Rafanelli (767-4408) and ask for one. On Friday evening, after 5:00 pm you can deliver the mushrooms to the north side of the Monroe Center. You may drive through the paved alley on the north side of the building. But don't park there.

The call for help goes to the new members as well as the old timers. The chairmen know what has to be done. They will tell you your tasks, you don't have to be an expert. But they cannot do it alone, they need all our assistance. So don't hesitate and participate.

1982 ANNUAL EXHIBIT COMMITTEES

General Exhibit Chairman:	Carl Hermanson	723-5127
Assistant	Bob Hanna	767-6381
Arts & Crafts	Tatiana Roats	842-3750
Book Sales	Judi & Ernie Boa	725-1235
Clean-up	Monte Hendrickson	523-2892
Construction	Joe Cail	243-8492
Commercial	Bob Hanna	767-6381
Decorations	LomNee March	885-0375
Feel & Smell	Ed & Ella Cantelon	242-6115
Freeze Dry	Dr. Patricia Winter	486-4264
Fungi in Foodstuff	Lois Ohlson	242-6523
Fungus Collecting	Elizabeth Dequine	789-6728
Greenery Collecting	Paul Rule	1-794-8987
Greeters	Earl & Margo Harrison	932-1612
Hospitality	Betty Okura	722-9011
Identification	Charles Volz	363-5465
Labeling	Helena Kirkwood	784-1095
Membership	Aino Kunz	362-7402
Micro-Projection	Dick Sieger	362-6860

Mushroom Dyes	Ella Cantelon	242-6115
	Caroline Higgins	725-9369
Mushroom Receiving	Ed & Ella Cantelon	242-6115
Preservation	Ethel Bennett	784-6236
Publicity	Marian Maxwell	271-7086
	Richard Pauli	282-3525
Security	Don Schultz	226-2217
Slide Show/Photographs	Joy & Roger Spurr	723-2759
Sorting Boxes	Carl Hermanson	723-5127
Tray Arrangement	Margaret Dilly	782-8511

NOTICE TO ALL MEMBERS

Milton Grout

The notice contains two points:

1. An appeal (made by President Grout at the September membership meeting) for storage area for our Exhibit props is hereby repeated in print where it should reach all of our members. Commercial storage is expensive and going up all the time. All of the props will be brought to the Monroe Center at the time of the Exhibit, and will be gone over and sorted out. At the present time we rent storage less than the size of a one-car garage. We will try to divide up the props, so that they don't have to be stored in one place. Some do need enclosed, rodent-proof storage, while others can be set into a carport. Please call me at 747-0497 if you can help our Society.

2. PSMS is about to compile a complete inventory of all assets owned by the Society, and the location where they are kept. The list will be kept up to date by our Treasurer, Ferris Anderson. We are therefore asking all members who store Society assets, to make a list of these items, and send the list to Ferris.

DEDICATION TO MYCOLOGY quoted by Boston Mycol. Club

The following paragraph is from M.C. Cooke's "A Plain and Easy Account of British Fungi with Special Reference to the Esculent and Economic Species", London, 1876.

A gentleman of our acquaintance, during a stroll through Darenth Wood, met with a specimen of the common stinkhorn (*Phallus impudicus*), which, having deposited in his sandwich-box and consigned to his pocket, he designed to take home and examine. For some time he had become conscious of an unpleasant odour; but it was not until he had entered the railway carriage, to return to town, that he discovered the true source. Everybody in the compartment complained and wondered what could be the cause, and quitted it as soon as an opportunity offered. Nothing but the resolute determination to make a drawing and section of the fungus could have prevented our friend throwing away stinkhorn and sandwich-box long ere his arrival in town; but, in this instance, botanical enthusiasm overcame all physical difficulties.

SAVE AND PRESERVE EDIBLE MUSHROOMS FOR BANQUET

Our Survivors Banquet Chairman, Charlotte Turner-Zila, asks our members to dry and/or freeze Chanterelles and *Boletus edulis* for the Banquet in March. Now is the time to think about this, when you can do something about it.



P. S. M. S. Spore Prints

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PUGET SOUND MYCOLOGICAL SOCIETY
2559 N.E. 96th Street, Seattle, Washington 98115.
Direct all mail to this address.

- OFFICERS** Milton Grout, President, 1984 (1)
John Kunz, Vice-President, 1983 (1)
Ferris Anderson, Treasurer, 1984 (1)
Margaret Holzbauer, Secretary, 1983 (2)
- TRUSTEES** - Term expires March 1983: Hildegard Hendrickson (1); Monte Hendrickson (1); Grace Jones (2); Dennis Krabbenhoft (2); Agnes Sieger (2).
- Term expires March 1984: Kearney Kozai(1) Marian Maxwell (1); Richard Pauli (1); Don Schultz (2); Charles Volz (1).
- ALTERNATES:** Ernie Boa; Judi Boa; Charlotte Turner-Zila.
IMMEDIATE PAST PRESIDENT: Carl Hermanson
SCIENTIFIC ADVISOR: Dr. Daniel E. Stuntz

Calendar

- Oct. 9 & 10 Field Trip to the Dalles Camp Ground
- Oct. 11 Monday, Membership Meeting, 8:00 pm
- Oct. 16 & 17 THE 19TH ANNUAL EXHIBIT
- Oct. 18 Monday, Fourth Session Fall Identification Class, 7:00 pm, Room 317 Monroe Center
- Oct. 18 Board Meeting, 7:30 pm
- Oct. 22 Deadline for Spore Prints material. Send to Editor, 2559 NE 96th, Seattle, WA 98115
- Oct. 23 & 24 Joint Field Trip with Kitsap County Mycology Society to Lake Arrowhead
- Oct. 25 Monday, Fifth Session Fall Identification Class, 7:00 pm, Room 317 Monroe Center
- Oct. 30 & 31 Field Trip to Millersylvania State Park
- Nov. 1 Monday, Sixth Session Fall Identification Class, 7:00 pm, Room 317 Monroe Center
- Nov. 9 Monday, Membership Meeting, 8:00 pm

WELCOME TO THE FOLLOWING NEW MEMBERS:

Michael & Patricia Carter: 255-6987; Bernice Caverly: 324-9894; Martin & Margaret Liebowitz: 325-8632; Paul Nelson: 1-582-3521; Ethel Schwartz: 282-8094; Peter & Julie Starkey 325-3933; Carl Volpe Family: 392-6091.

Membership Meeting

Monday, October 11, 1982, 8:00 pm in the auditorium of the MONROE CENTER, 1810 N.W. 65th Street, Seattle.

Program: Tentative at press time, but hopefully reality, our speaker will be Gary Lincoff, President of NAMA. He also is the author of two recently published books: The Audubon Society Field Guide to North American Mushrooms and The Simon & Schuster Guide to Mushrooms, and an instructor at The New York Botanical Garden. His topic will, of course, be related to MUSHROOMS.

The meeting also will be devoted to wrapping up the preparations for our 19th Annual Exhibit, which follows the next weekend.

BOARD NEWS

H.R.H.

The Board Meeting was chaired by Vice President John Kunz, who reported that Milton Grout was starting the first session of the Fall Identification Class on the third floor of the Monroe Center, and that the class had a good attendance.

Treasurer Ferris Anderson is keeping the Board informed about the Society's month-to-month cash flow, as well as giving a comparison with the prior year.

PSMS is beginning to set up an inventory of all the assets the Society owns and where they are located. Treasurer Ferris Anderson will keep the list. The start is made because PSMS is moving the Exhibit material from where it has been stored for years to the Monroe Center, and the stuff will be gone through to see if PSMS still needs all of it. Every member is asked to make a list of the PSMS assets in his/her possession and give this list to the Treasurer.

The subject of commercial picking of wild mushrooms was discussed. After a lengthy discussion about the pros and cons of this topic, it was decided to ask a member to chair a committee which would examine all issues related to this subject and then inform the members what particular stand PSMS should take and have the members vote on it. You should be aware that this is a very complicated issue, and the actions taken should protect our members' opportunity to collect wild mushrooms for their own use.

The rest of the meeting was devoted to the organization and preparations for the Exhibit. This year again (we couldn't do it at the Flag Pavilion) we can have a Hospitality Committee chaired by Betty Okura, which will provide sustenance to the members who are working on the Exhibit. PSMS will buy some items, but we are also asking all members who come and work or who come and visit the Exhibit to bring a dish for this purpose. All of us have fond memories of the goodies served at prior Exhibits.

The posters advertising the Exhibit are still not distributed to all parts of the City. Please be sure to pick them up at the October meeting, or call Charlotte Turner-Zila (325-1519)

The Publicity sent notices to some 250 radio, TV, newspapers, etc., asking them to announce our Exhibit. Some responses are already coming in.

John Kunz is going to use his computer to write the labels for the exhibited fungi. There will be all new labels in the coded colors denoting edibility.

Since not all of our members actively participate in Society functions, they are not known, and we ask therefore, that

all members bring their PSMS membership card to gain free admittance to the Show.

FLASH

Ostrom's has contacted the Society and asked to sell spawned oak logs at the Show. Details are still being worked out, but these logs coming from the regular Shiitake operation should successfully produce Shiitake. Watch for them at the Show.

ORDERS FOR THE 1983 MUSHROOM CALENDAR

will be taken at the October membership meeting by our booksales chairman, Judi Boa. She will be able to get them at a quantity discount. The calendars retail for \$5.95.

MASONIC PARK FIELD TRIP REPORT Jack & Navarre Orth

Over twohundred acres of well kept grounds, sparkling riverside campsites, a shelter equipped with running water, an electric range, a refrigerator, and plenty of picnic tables - that's what our Masonic members, Emory and Mildred Bronner, contributed for our September 18 & 19 field trip. Mother Nature provided us with gorgeous, sunny, warm weather.

The 108 registered members and guests collected 106 different specimens which were carefully identified by the professional talent of Brian Luther, assisted by Charles Volz and Dick Sieger and his microscope. The chanterelles were somewhat scarce, but some people did collect several pounds. The Hendricksons chaperoned several collecting parties, and as usual, came in with two Boletus edulis.

What the pothunters didn't find in edible quantity was made up for in the quality of the bountiful pot luck dinner which was enjoyed by 76 persons. The dinner was topped off with a case of wine left over from the 1981 NAMA foray which was brought in by Dick Sieger. We don't know the age of the oldest mushroomer, the youngest was 5 weeks old. A good time was had by all.

P.S. A few items were left behind after the potluck. Charles Volz will bring them to the October membership meeting and the owners can claim them!
We thank Jack and Navarre for hosting this field trip.

SODA SPRINGS FIELD TRIP REPORT Jennie Schmitt

(We held up going to press so we could include the report of this successful field trip in this issue.)

Soda Springs in the Bumping River valley, reached via beautiful Chinook Pass is a favorite field trip site for PSMS. Some members arrived as early as Thursday to enjoy this scenic area. Officially, the field trip was scheduled for Sept. 25 & 26. As usual, when the weather cooperates, Brian Luther and George Rafanelli expertly identified 153 different species of fungi. Everybody found yellow and white chanterelles, and the quantity of Boletus edulis and Shaggy Manes found would have divided into some for every field trip participant. A few Matsutake were found, and a new member found a huge, prime Hericium. Mushrooms were everywhere.

During the days the rain held off, but it did come down at night, and during the potluck dinner. 75 members and guests signed the register, and 43 enjoyed the potluck dinner.

It was nice to welcome Dr. & Mrs. Asano, who had come all the way from Vancouver, B.C., and Lyle and Joy McKnight, who had been gone from Seattle for some time, and Harvey & Inez Stivers, who are getting active again in the Society.

Let's hope that the rains during this week end will produce

even better (if there is such a thing) later in this fall mushroom season.

(We thank Dave and Jennie Schmitt for hosting this field trip.) Somebody left a nice collecting basket behind at Soda Springs. Call Jennie and she will bring it to the October meeting.

FIELD TRIPS

Charles Volz

Oct. 9 & 10

The Dalles: Travel east on State Highway #410. The Dalles Forest Camp is about 25 miles south-east of Enumclaw, on the right. Hosts are Howard & Fay Melsen. Pot hunters will look for all of the good fall species, especially Rozi-tes caperata, the gypsy.

Oct. 23 & 24

Lake Arrowhead. Start from the Kentucky Fried Chicken restaurant on 1st Street in Shelton. Take the road that goes up the hill at an angle, cross over the highway and pass Isabella Lake. 25 miles from Shelton there is a "Y" just past Cloqual-lum, a very small town with a few houses along the road. Take the right fork of the "Y," blacktop rather than gravel, and continue for about 1.5 miles. Turn left into the parking lot next to the lodge.

This is a joint field trip with the Kitsap Peninsula Mycological Society. Hosts for the trip are Jennie & Dave Schmitt and Gerard & Libby Barta.

Oct. 30 & 31

Millersylvania State Park. Travel south on Interstate 5. About 10 miles south of Olympia, take exit #95 and go east under the Freeway. Continue for about 3 miles and turn north for another mile. Hosts for the trip are Ferris & Joyce Anderson and Fred & Bernice Maslan.

JEFFERSON COUNTY MUSHROOM EXHIBIT OCT. 24, 1982

The Jefferson County Mycological Society invites PSMS members to come to the Tri-Area Community Center in downtown Chimacum and visit the mushroom exhibit. There are ample spaces for campers and trailers alongside the building in the adjacent county park. You can help collect fungi on Saturday. Saturday evening there will be a potluck dinner at 5:30 pm. The Show will open on Sunday, Oct. 24th for the public. For additional information you may call John Parker at 1 - 437-2313.

SIXTH ANNUAL TEXAS MUSHROOM FORAY

will be held Nov. 12 - 14, 1982 at Camp Wildurr. It is sponsored by the Texas Mycological Society. Cost: \$55.00 Register with Susan Hamilton, 2110 Wilcrest, #151, Houston Texas, 77042.

WALL CHARTS

Mushrooms of North America (about 35; 25" x 38 1/2"; full color). Available from United Communications, P.O. 320, Woodmere N.Y. 11998 for \$8 plus \$1.50 postage & handling Order item BB1-Mushrooms. (Also available: a collection of charts depicting the Wildflowers of North America in color; brochure free.)

Mushrooms of the World (about 40; 28" x 40"; color; in several languages). Available from Nature Lovers, P. O. Box 2429 San Rafael, CA 94912 for \$8 postpaid. 3 copies \$18.

HOW POISONOUS ARE POISONOUS MUSHROOMS

Bob Burrell, Ohio Mushroom Society

Last year at the sorting tables of a foray I attended, I overheard someone say that they did not want to pick up any amanitas because there was no place to wash their hands. Also, when I take a taste of a russula for identification purposes without explaining what I am doing, there are usually a few looks of horror from any onlookers who are present. Given our Anglo-Saxon mycophobic heritage in this country, I suppose it is natural for people to have such reactions, but some common sense based on a solid foundation of some chemical facts may help dispel some of the fear concerning poisonous mushrooms.

First of all, we should consider the amount of toxin present in the mushroom and then its relative potency. Few substances in the natural world are so toxic and present in such high concentration (and these the layman is quite unlikely to encounter) that one need worry about getting it on your hands or even tasting a smidgeon. Incidentally, when I taste a mushroom, I literally do just that, not swallow it. Mushroom toxins work by being absorbed through the intestinal tract, not through the skin. Then the toxins need to be transported to places like the liver or the central nervous system to hurt you. If you have just picked a few Amanita virosa for the sorting tables, you needn't worry about sitting down and eating a sandwich with your bare fingers because the lethal amanitin toxins are simply not present in that great amount in the fungal tissue.

It is commonly accepted that Amanita phalloides is our most toxic mushroom. In work done by NAMA Toxicology-mushroomer Don Simons, it was found that the lethal amanitins were present in only 3-5 parts per thousand and indeed, some specimens of A. virosa and A. verna had no detectable levels. In other words, one ounce of fresh death angel might have less than a fifth of a gram of toxin, an amount meaningless unless we know something about how potent the toxin is. Relative toxicity is often expressed as an estimation of the least amount of poison that would cause death, or the minimal lethal dose (MLD). A better method is to express the dose in a statistical way to minimize the fact that individual people will vary in their susceptibility to a poison. Such an expression is calculated on how much toxin would be needed to kill half the people, if each person ate the same amount. That amount per person would be called the lethal dose 50% or LD₅₀. Expressed in weight of toxin per weight of individual ingesting the toxin, the LD₅₀ for amanitoxins comes out to be in the neighborhood of about one 2-ounce mushroom for a 150 pound man (LD₅₀ = 0.1 mg/kg). It would take 10 - 15 small Galerina autumnalis to equal this same dose. In other words, if you ate this much of one of these two mushrooms, you would have a 50-50 chance of succumbing. Much less would be needed, of course, to make you sick, but this would still be appreciably more than what trace amounts might stick to your fingers when handling A. phalloides. Even so, I do not recommend tasting such species, although I wouldn't hesitate to do so (BUT underline that word TASTE!)

In summary, by all means exercise care in identifying, eating, and handling various mushrooms, but at the same time, use some common sense to avoid unwarranted fear of them. Simple handling of even the most toxic mushrooms won't hurt you.

THERE IS NO SUBSTITUTE FOR 100% IDENTIFICATION

The examples of mushroom poisonings from around the country

and some deaths that resulted are cited merely to remind PSMS members of our slogan: that if they plan to collect mushrooms for the table, they must

IDENTIFY THE MUSHROOMS BEYOND ANY DOUBT, AND IF IN DOUBT, THROW THEM OUT!

The criteria stated by some of the victims of why they ate the mushrooms certainly is interesting reading, but should not be practiced.

In Niles, Ohio, a man in his forties picked four large, attractive mushrooms from his front lawn under oak trees, and ate them "because they looked good and tasted good", and also "because he and his wife had been eating mushrooms for years from their lawn without ill effects". In this specific case, the man, but not his wife, ate the mushroom Amanita virosa. The experimental drug, thioctic acid, was flown in and saved his life.

The California Morbidity Journal tells about mushroom poisoning suffered by six Laotian refugees in Sonoma County. The Laotians had tested for poisonous species in their usual fashion: they boil the mushrooms with rice, and if the rice turns red, the mushrooms are considered poisonous. In this case, the rice did not turn red, they ate the mushrooms and became ill; all did recover.

A more serious case, involving Amanita ocreata was reported. Volvariella, which has a sacklike volva and closely resembles the deadly Amanitas, is a commonly eaten mushroom in South-east Asia (it is cultivated commercially under the name Straw or Padi-straw Mushroom). Again a Laotian family had mistaken the latter for the former.

And then there is the case of the teenage girl and three boys from Spokane who thought they had picked and eaten Psilocybe mushrooms, yet there also were Galerina sp. included. Unfortunately, the girl died.

PHOTO TIP #5

Joy Spurr

Wind-caused movement of a subject will show as a blur in close-up pictures unless you use a very fast shutter speed. But if you want to use a slow shutter speed so that you can select a small f-number for greater depth of field and at the same time achieve a sharp image, you have a few alternatives. Take pictures early in the day when there is little, if any breeze. Use a high speed film such as ASA 160 or 400. Use electronic flash. Hold a large piece of clear plastic sheeting next to the subject to shield it from the breeze but let light pass through. The bulky mushrooms, such as Boletus edulis, are usually not affected by wind, but a light breeze can cause the slender and delicate species to move. A blurred photo is useless. Take the extra time to use an alternative to stop subject movement.

MUSHROOM SCRAMBLE

Oregon Mycol. Society

1 cup chopped chanterelles; 2 tblsp. butter; 1 cup thin sliced sausage; 1/2 cup shredded zucchini; 1/3 cup finely chopped celery; 6 eggs beaten; 1/3 cup white wine; 1/2 cup grated Swiss cheese; 1/4 cup chopped parsley; 1/4 cup chopped chives.

Saute chanterelles in 2 tblsp. butter until moisture is reduced back into mushrooms. Add sausage, zucchini and celery. Stir for three minutes. Add beaten eggs and wine. Stir when eggs are beginning to set. Add cheese and cook to desired doneness. Salt and pepper lightly. Place on hot platter and sprinkle with chives and parsley.