

# SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY

Number 233

June 1987



## URBAN EDIBLES

Agnes Sieger

It's June, and the spring field trips are over. But despair not. Edible mushrooms are with us still.

Even as I write this on my lunch break, my wastepaper basket -- which I have carefully placed on top of my desk to discourage any premature zeal on the part of the janitor -- is filled past the brim with *Agaricus augustus* which have fruited on schedule, or even ahead of schedule, under the ground cover in front of the lab where I work at the University of Washington.

As my wastepaper basket attests, not all the good edibles grow way back in the hills in some secret hideaway that takes years to ferret out. Some of the best picking is right here in town.



*Agaricus augustus*, the Prince, is a prime example. In the summer, when most mushrooms are scarce, it pops up all over Seattle. Besides the faithful patch at my office, a batch has been fruiting for the past three or four summers under the Lebanese cedar in our front

yard, after each rain. It can be found anywhere from semi-woodlots, to yards with trees, to under the giant sequoia in the Arboretum. Just don't confuse it with *Agaricus praeclariassquamosus* (aka *A. mele-agris*), which starts coming up in the same places later in the season.

*Lepiota rachodes* is another good example. It occurs in backyards, compost heaps, vacant lots, and woodlots all over town. It looks a little like a shaggy *Amanita* without a volva, so you have to be careful; but if you scratch the stem, it bruises red, which, to my knowledge, *Amanitas* do not do.

Less than 10 feet from the *Lepiota rachodes* patch in her backyard in Renton, former PSMS President Jennie Schmitt had a patch of blewits, *Clitocybe (Lepista) nuda*. They usually showed up about the first of December, although one year they didn't appear until the second week in January. Judy Roger, a former PSMS member who now lives in Oregon, used to find blewits regularly in Woodland Park. Blewits also occur in the Arboretum and other parks in Seattle and on the East Side.

Parks are almost always good hunting grounds. Hildegard and Monte Hendrickson astounded Dr. Orson Miller a few years ago when they took him hunting for a couple of hours in the Arboretum and found *Boletus edulis*. Discovery Park has *Helvella lacunosa*. Hamlin Park in the north end near us occasionally yields sprinklings of morels and chanterelles as well as large fruitings of *Agaricus campestris*, *Armillaria mellea* (until the park hired the local convicts to clear out the brush), and various *Suillus* species; on the other hand, it also yields a plethora of *Amanita muscaria* and *Amanita patherina*. [Be aware that *Armillaria mellea* does affect some people adversely

(cont. on page. 4)

## CANCEL THE EXHIBIT?

Dennis Bowman

As of now, we don't have sufficient response from the members to continue with the PSMS Exhibit next fall. Not only did we get an 8% response to the sign-up sheets at the last meeting, but key staff positions are still open -- I'm talking Committee Heads, the people who should have begun organizing activities months ago. I'm prepared to drop the chairmanship at this time.

I invite you all to the June membership meeting to help decide the continuation of our Exhibit. If you volunteer to make it happen, we might be able to save it yet. If not, well, that's your decision.

Remember this, however: Last year the exhibit added \$1500 to our income, brought in 150 new members (out of an annual turnover of 200-300), and is the main way in which the public learns about our Society. It is also a major social event for many members. Did you really mean to let it die by default?

## METAL EATING FUNGUS

Martyn Dibben

[Wisconsin Mycological Society Newsletter]

A metal eating fungus discovered by an Israeli lich-enologist may become the basis of a future new industry. Margalith Galun of Tel Aviv University stumbled across the microscopic mold in an unwashed (metal?) laboratory coffee mug. The fungus acts as a super-absorbent sponge that after "brief contact" can soak up large amounts of heavy metals that are contaminants of waste water from manufacturing and mining processes.

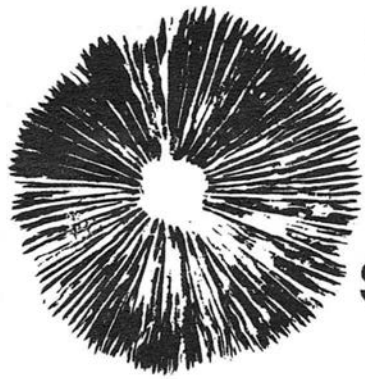
Ms. Galun has developed a laboratory filter-filled version of the mold that after saturation can be removed, washed, and used again. Other microbes can do the same trick but have not proved reusable nor of sound economic large-scale potential. Currently, industrial effluent is stored in drums at toxic waste sites, and there is no good way to clean up already polluted waterways. Galun's fungus may be the answer since it works fast and can be grown cheaply, thriving on waste products from the manufacture of food and beverages.

RAMAT, the Tel Aviv University's licensing company, is negotiating with manufacturers to set up large-scale experimental testing of the filter system. Ms. Galun refuses to name the fungus until after she receives a patent.

## ATTENTION MYCOPHAGISTS!

Patrice Benson

In response to increased interest in the culinary enjoyment of wild edible fungi, I am arranging a fork-raising and brainstorming session at a time of mutual convenience for all those interested in forming a group of mycophagists (fungi eaters). Is this you? Please phone me at 722-0691 after June 16.



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## Spore Prints

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**PUGET SOUND MYCOLOGICAL SOCIETY**  
Center for Urban Horticulture, Mail Stop GF-15  
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## Calendar

June 20	Bon inventory, 6:00 p.m., Northgate
June 22	Membership meeting, 7:30 p.m., CUH
July 20	Picnic, 4:00 p.m., Gasworks Park
Aug 21	<i>Spore Prints</i> deadline
Sep 8	Membership meeting, 7:30 p.m., CUH
Oct 3	Cispus Foray
Oct 17	Annual exhibit

### Welcome to the following new members:

Laura Wilkinson	784-3011
Henning & Claire Gropp	367-3695
Cathy & Cynthia Taylor	244-3726

**The Migrating Amanita?** Charles Volz says that Margaret McKenny thought of *Amanita pantherina* as a spring mushroom. In later years, he encountered it primarily in the fall. Now, it has become a spring mushroom again.

## Membership Meeting

Monday, June 22, 1987, at 7:30 p.m. in the Center for Urban Horticulture, 3501 N.E. 41st Street, Seattle.

Commercial harvesting of wild mushrooms is the subject of our June program featuring Margaret Dilly. Margaret, past president of PSMS and chairman of our Conservation and Ecology committee will tell us about her efforts to protect wild mushrooms. Representative Dean Southerland, chairman of the Natural Resources Committee will describe the legislative process. Claude Dilly will show slides of some of the 21 species that are purchased by wholesalers. In addition, a panel will discuss legal and scientific aspects of commercial exploitation.

### 29 PINES FIELD TRIP

Lori & Walter Knox

Let it snow, let it snow, let it snow! Despite snow and rain, 56 intrepid hunters crossed the pass in search of mushrooms. About half stayed for the pot luck. Approximately 30 species were found, including some rare *Verpa conica*.

*Discina* and *Gyromitra* species were common, but morels were sparse. It was a pleasure to see so many brave and cheerful new members. They will be an asset to our club!

### LAKE WENATCHEE STATE PARK

Claire Harper

Fifty-six members enjoyed a hot, sunny day at Lake Wenatchee State Park. The morels were shy and elusive, but everyone found a few for the pot. One fortunate hunter found some *Boletus edulis*. Forty-two species were identified by Nettie Laycock and George Rafanelli, including *Geopora cooperi*, *Morchella semi-libra*, and *Hygrophorus marzuolus*. Darlene Baxter had the largest find of all. She called her husband, Larry, to confirm her discovery of a *Catulus ursae*. It had taken parasitic attachment to a fir tree. They both decided it was best left where it was for others to view. In case you find a *Catulus ursae*, commonly known as a bear cub, it's best to look and leave. Mother could be near!

Thirty-one intrepid hunters stayed for the delicious pot luck, and as usual we all come away stuffed.

My husband, Ray, and I kept the coffee hot and the cookie plate filled. It was a very satisfying outing in spite of sparse picking and friendly mosquitos.

### SODA SPRINGS FIELD TRIP

Irwin Kleinman

The regular foray to Soda Springs went off as scheduled, after reports that Chinook Pass was still closed but in fact was opened prior to May 16. The Soda Springs campground was undergoing renovation, so the headquarters was established in the American River Ski Lodge. The weather was sunny and warm, and the entire area was seasonally dry.

In spite of the conditions, good picking was had for morels. Several small *Boletus edulis* and several large ones (which had previously been found by the mushroom fly) were taken. *Verpa conica* were found by Edith Godar and Millie Kleinman.

Forty-three different species were identified by the identifier, Nettie Laycock.

Thirty members joined in the activities, and 21 stayed for the pot luck supper hosted by Gilbert and Alice Austin.

#### CLEAR LAKE FIELD TRIP

Grace Jones

Thirty-seven hopeful members arrived at the North Clear Lake campground for the three-day Memorial weekend. By Friday afternoon, every place was taken, and we used a shoe horn to fit in the late comers.

In spite of an early season and the commercial pickers, everyone got a fair amount of morels and *Boletus edulis*, plus 30 other species. Margaret Dilly did the identifying. Thirty-seven were present for a delicious pot luck on Saturday, and 12 were there for Sunday. Dave and Jennie Schmitt, we missed you.

The hosts were Joy and Lyle McKnight, Beth and Hal Schnarre, and Grace and Paul Jones. Lyle still carries scars on his hands from busting up a dog fight. Members, please remember to keep your animals on a leash at all times.

#### SWAUK CREEK FIELD TRIP

Coleman Leuthy

The group from the beginners class stopped at Crystal Springs and Lake Kachess on the way up. Not many mushrooms were found, and only a few morels. Then we went to Swauk Pass and scouted various areas.

At the campground, there were perhaps 25 to 30 people, including some butterflyers who were having a weekend there. A few morels were found by some people, and quite a few boletes. In all, we totaled some 30 species. We had a very fine pot luck about 5 o'clock, and about half a dozen campers stayed in the campground.

#### SUMMER PICNIC

Dennis Bowman

A big "Thanks" goes to Dan Schwenk for stepping forward and taking care of the final arrangements for the PSMS summer picnic to be held at Gas Works Park on July 20th. The park is located on the north shore of Lake Union on N. Northlake Way midway between the Fremont and University districts.

The festivities will begin at 4:00 p.m., and Dan says he'll have hot charcoal ready to start cooking by 5:00 p.m. Dan also says there will be a few cooks standing by to assist you. You are to bring the meat for your own family, a dish to pass, and your own table service. Coffee, tea, and Kool-Aid will be provided. Please bring the whole family and any guests who may want to join us. The Boas are bringing a "truck load" of games. Bob Hanna is putting together a kite-flying demonstration and invites everyone to bring a kite to fly for themselves. See you at the picnic. The view of downtown Seattle is spectacular, so bring your camera.



#### HELP THE BON, HELP THE BUILDING FUND! J. Jones

Here's an easy way to boost our building fund: The Bon at Northgate will pay PSMS \$3.50 per hour for each member who will help them take inventory on Saturday evening, June 20. The inventory lasts for 4 hours or more, so that's \$14.00 plus per person. The longer they ask us to stay, the more we raise! Bring a friend -- The Bon will pay for them, too! Take advantage of this great opportunity to support our fund-raising effort. It requires no expense or elaborate planning -- nothing but one evening of your time, and what better time is there to give than when it's too dry to go mushrooming anyway! We do need to give The Bon a firm commitment in advance as to how many people they can count on. So please call Jennifer Jones to sign up: 10:00 a.m. to 9:00 p.m., 361-2121, ext. 202, 235 (office), or 308 (paging).

#### PRESIDENT'S MESSAGE

Coleman Leuthy

The roster is finally at the printers. Yes, it is late -- but on the positive side, we have included all new members who have joined this spring, which makes our roster up to date and ready for fall activities. My gratitude to Michael Irvin and Agnes Sieger, who helped me get it together. My thanks also to John Kunz for his continued understanding, patience, and help in computer programming; to Millie Kleinman and her mailing committee, who had to do it twice this month; and to Caroline Brotherton at North Seattle Printing, who has always managed to help us out and beat both her and our deadlines.

Keep those building fund donations coming. We do need your support. We can especially use your support on Friday, June 20, to help take inventory at The Bon at Northgate from 6:00 p.m. until about 10:00 (see previous article). Call Jennifer now to volunteer. Be sure to say you are with PSMS, so your \$3.50 per hour goes to the building fund.

Fall Field Trips: On October 2-4, PSMS and the Lewis County Mushroom Society will hold a joint foray/field trip at the Cispus Environmental Center near Randle. On October 9-11, if plans go well, we will hold a field trip at the old American River Ski Lodge near Soda Springs. I have also been talking with the Vancouver, B.C., Mycological Society about a joint field trip on the 24th or 31st of October, perhaps at Rockport, which allows collecting across the North Cascades Highway. We would have our regular hosting and top it off with a great pot luck.

Have an enjoyable summer. And remember the first annual summer picnic at Gas Works Park on Monday, July 20. See you then. (Or if not then, at the next membership meeting, Tuesday, September 8.)

#### BOARD NEWS

Lois Skoor

Frank Occhiuto has resigned from the board. Millie Kleinman was elected to fill the vacancy. Her term will expire in March 1988. A Mycophagy Committee, chaired by Patrice Benson, has been formed for those interested in cooking (and eating) mushrooms.

A special board meeting will be held at 7:00 p.m. on June 15 to discuss the annual exhibit and the PSMS stance on commercial picking.

and is apparently somewhat toxic although it's considered a good edible. It may depend on whether it's growing on hardwoods or conifers; also, there are several varieties, some say different species, in the *Armillaria mellea* complex.]



Toward August, sometimes earlier, with the summer rains comes the fairy ring mushroom, *Marasmius oreades*. It is common -- sometimes abundant -- in parks, yards, and other places that have been trampled a bit. Once you know how to identify them, take your scissors and clip off just the caps, because the stems are tough.

Associated, in this area, with ornamental birch trees grows *Leccinum scaber*, a species introduced to the Northwest which is nearly as good an edible as the aurantiacum complex found in the mountains. There were some growing on the next street over from our house for years.



Along with the numerous conifers around town come crops of assorted *Suillus*; sometimes they seem to carpet the ground. If you get them small enough, before they've started to slime or are difficult to clean or the tube layers don't remove easily, some of them are reasonably good.

So are the small puffballs like *Lycoperdon perlatum* which are often found growing alongside driveways and in other compacted areas. Saute them in butter and use them in soup.

The same habitat is good for *Coprinus comatus*, the shaggy mane. One year, the only *Coprinus* displayed at the annual exhibit was supplied by a worker who, realizing none had been brought in, ran home, grabbed a shovel, and dug up the patch in his local park.

Occasionally, in woodlots and stream gullies and places where there are alders, you can find the oyster mushroom, *Pleurotus ostreatus*. Check gullies and places with a creek and fallen timber. Who knows, you might get lucky.

Even that most elusive of edibles, the morel, visits town occasionally. Unlike most of the mushrooms just mentioned, I've never found them more than once in the same place, but one PSMS member has had some coming up in her garden for 2 or 3 years. If you keep your eyes open, you'll run into one sooner or later. Check under old apple trees and maybe cottonwoods or even alders and in newly established planters. The first wild mushroom I ever saw was a morel, found by a co-worker in a planter by Group Health on Capital Hill. The most unlikely mushroom I ever saw was also a morel, an 8-incher growing out between an old car battery and the concrete floor of our garage on a bit of spilled fertilizer. (I almost didn't pick it; I was sure a friend of ours was playing a practical joke.)

So, city-dwellers, before you fill up the car with gas and dig out the forest service maps, why not take a stroll around the neighborhood.

**Find the 33 Mushroom Genera:** This will be the last issue of *Spore Prints* until fall. Until then, have fun with the accompanying puzzle. - Auf Wiedersehen

Interest in wild mushrooms for culinary purposes is increasing. Restaurants are serving more exotic and wild fungi, and many cookbooks and articles are appearing on their use. One recent article encouraging the use of wild mushrooms, complete with recipes, appeared in *The Seattle Times*. It showed a photograph of a *Verpa*, calling it a morel which, of course, it is sometimes called. Properly, however, it should be defined as a false or early morel and should carry a warning on edibility. The only distinction the article made was that it "required rinsing in a colander as the dirt may collect in the ridges." The article brought a great deal of response from the more knowledgeable, and another article appeared the following week (June 3) with the right identification and warnings about edibility.

When interviewed by the newspaper, Hildegard Hendrickson and Patrice Benson, both members of PSMS, pointed out the importance of proper labeling using botanical names and with proper cautions of edibility. The article stated that Mark Musick of Larry's Markets "would like to see required licensing for mushroom distributors, including a test of their knowledge." I most heartily agree! Many European countries, which for centuries have sold to the public, require inspection and proper identification by a qualified person.

In our country, the FDA is presently working on some rules and regulations pertaining to the selling of wild mushrooms. I hope this will slow down some of the commercialization.

We still need to push forward for regulations that would control the commercial harvest and the mass exodus of wild fungi from our state. Unity and persistence will win the battle. So be at the regular meeting on June 22. Support your club in its efforts to bring mushrooming back to its rightful place as primarily a recreational pastime.

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## CISPUS CENTER FORAY - OCTOBER 2 - 4, 1987

The Puget Sound Mycological Society and the Lewis County Mushroom Society are pleased to announce their sponsorship of an autumn foray. Dr. Joe Ammarati will be the foray mycologist.

### WHO MAY ATTEND

The foray is open to everyone interested in increasing their knowledge of mushroom identification. While information is being disseminated primarily via the various Pacific Northwest mycological societies and mushroom clubs, reservations from those who are not club members will be accepted as space (200) permits.

### ABOUT THE AREA

Headquarters will be the Cispus Environmental Learning Center which is located near Randle in Lewis County Washington. The grounds and buildings are clean and spacious. Both the Cowlitz and Cispus Rivers which originate in the Cascade Mountains are nearby. Douglas fir and alder predominate although ample other native species exist. In all probability, one gathering area will also include a pine and larch forested area across the crest of the Cascades. The Mt. Saint Helen's Windy Ridge observation area is nearby. If you have not had the opportunity to view the destruction from this perspective, plan to arrange your arrival or departure time to take it in. This side trip alone is worth traveling to this area.

### WHAT TO BRING

You will need to bring a sleeping bag or other bedding, towels and other personal items if you plan to stay in the dorms or trailers. You will also want to bring your favorite mushroom collecting gear, a whistle, compass, rain clothes, a camera and your mushroom key (Northwest Key Council keys will be available for you to purchase if you don't already have one) or other reference books. There are lots of plug ins in the auditorium if you want to bring your microscope. If you desire, Forest Service maps may be purchased at the Randle Ranger Station.

### WHAT TO EXPECT

The date of the foray has been set to correspond with what, in normal years, will be prime time for the appearance of the greatest number of species for the area. Because varying elevations will be available, both early and late fall fruitings will ordinarily be present.

In the workshops, strong emphasis will be placed on the use of keys for the identification of mushrooms.

There is a \$3.00 registration fee. All other charges will be according to your needs.

**ACCOMMODATIONS AND REGISTRATION**

Advance registration and payment is essential. Please send your registration and a check for the proper amount no later than September 15, 1987. All accommodations are available on a first come, first served basis. The Center will be open for participants at 1:00 PM on Friday, October 2. The first meal, however, will not be served until Friday evening. Dinner Friday evening is at 7:00.

The dorm rooms accommodate eight. They are furnished with only a bed and mattress, basin, toilets and showers. A number of RV spaces are available, some with hookups. In addition, there are a few 2 and 3 bedroom trailers for rent. These trailers come equipped with beds, dishes, stove, refrigerator and bathrooms. You would need to furnish your own bedding and your own food if you choose not to eat in the dining room. There are also several very nice campgrounds nearby. If you choose to stay off campus, there is a \$2.00 per day charge for day use only.

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 REGISTRATION FOR CISPUS FORAY OCTOBER 2, 3 and 4, 1987

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

TELEPHONE, AREA CODE AND NUMBER (\_\_\_\_) \_\_\_\_\_

Do you have an affiliation with a mushroom group? If so, please list the name. \_\_\_\_\_

Please check the boxes that will meet your needs:	Fri.	Sat.	Sun.
Dinner----- @ 5.75	<input type="checkbox"/>	<input type="checkbox"/>	
Sack Lunch----- @ 4.00		<input type="checkbox"/>	<input type="checkbox"/>
Breakfast----- @ 3.90		<input type="checkbox"/>	<input type="checkbox"/>
Lodging: Dormitory, per day----- 14.85	<input type="checkbox"/>	<input type="checkbox"/>	
Fees for RV space: trailer, camper, motor home			
with hookup----- 8.00	<input type="checkbox"/>	<input type="checkbox"/>	
without hookup---- 5.00	<input type="checkbox"/>	<input type="checkbox"/>	
2 bedroom trailer rental----- 18.00	<input type="checkbox"/>	<input type="checkbox"/>	
3 bedroom trailer rental----- 21.00	<input type="checkbox"/>	<input type="checkbox"/>	
Day use only fee----- 2.00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total for food, lodging, RV space, or day use	\$ _____		
Registration-----	3.00		
Total fees and registration-----	\$ _____		

Please send completed registration form and check to June Childers  
 403 South Rock St.  
 Centralia, WA 98531  
 Phone (206) 736-4756  
 Evenings