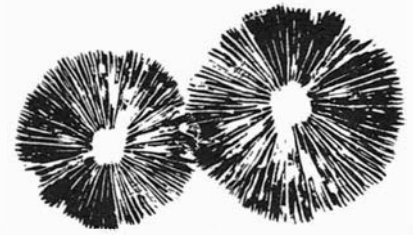


SPORE PRINTS



BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY

Number 249

February 1989

AMANITA MUSCARIA

Mike Beug

The January 1989 issue of *Spore Prints* contained an article "Where are the *Amanita muscaria* going?" I certainly hope that article doesn't inspire anyone to try *A. muscaria* without knowing how to prepare it properly.



The two known toxins of *A. muscaria*, muscimol and ibotenic acid, are water soluble. Thus, if the mushrooms are boiled, canned, or cooked in a pressure cooker, they are edible as long as the juice is discarded. An example of what can happen if the juice is not discarded came from a couple in Centralia several years ago. They had learned about the edibility of canned *A. muscaria* from Russian immigrants living in the Roslyn area. Unfortunately, they had not learned the part about draining the juice before eating the mushrooms. They used a quart of canned *A. muscaria*, juice and all, in a spaghetti sauce. After they dined, the neighbors heard a terrible ruckus coming from their house and came over to find the couple in a very disoriented state busily smashing up their own home. The neighbors got the couple to the hospital but while everyone was gone their son came home oblivious to the destruction and had dinner also--yielding yet another trip to the hospital.

Regarding dried *A. muscaria*--it is virtually as toxic as fresh, though boiling in water and discarding the water is effective if you want to eat the mushrooms without the mind altering effects such as those reported in *Alice in Wonderland*. However, if you have cats, make certain that they do not get into your dried mushrooms. They seem to find dried *A. muscaria* very attractive, but it is deadly poisonous to them. With humans, the effects are typically disorientation followed by deep, coma-like sleep and then full recovery in about 12 hours. Sometimes the experience is very frightening; rarely is it pleasurable. Hospitalization and a significant medical bill are the more normal outcome of an *A. muscaria* experience. Besides, I do not like being awakened at 2 a.m. by frantic friends or relatives wondering what to do.

Peeling *A. muscaria* is not an effective way to detoxify it either. The toxins are distributed fairly evenly throughout the mushroom. When the original research was done on the chemistry of *A. muscaria* many, many years ago, a ton of mushrooms was peeled and only the peelings were analyzed because then chemists thought that there was truth in the belief that the toxins were concentrated in the cap--however, they not only failed to find the two main toxins (they identified muscarine, a minor toxin in *A. muscaria*, but a major toxin in *Inocybe* mushrooms), but many became ill from absorbing toxin through their skin from peeling so many mushrooms. If you want to know what *A. muscaria* tastes like (and they are delicious--that's one reason why they poison so many people), go ahead and sample the mushrooms, just spit them out instead of swallowing. There are plenty of good edible mushrooms to cook and swallow!

[Dr. Beug is a Dean at The Evergreen State College, where he taught both mycology and chemistry.]

CULTIVATION GROUP

Lynn Phillips

The cultivation group has been steadily growing since its founding last June.

More than 50 people signed up for more information at the annual exhibit in October. Over a dozen new members attended the orientation meeting held by Mark Jarand at CUH in December. The January meeting at Mark and Cindy's house was the largest ever, with many enthusiastic newcomers trying their hand at various stages of mushroom growing. In the dining room, one group was taking tissue cultures in front of Mark's brand new laminar flow bench and learning about sterile technique. Mark was relieved that many of the original members had learned enough over the past months to answer most of the inevitable questions about basic procedures. In the back yard, the hardy ones ignored the pouring rain and snow-covered ground to fill bags of pasturized straw with *Pleurotus* spawn for everyone to take home. (Mark is also responsible for donating the bags of *Stropharia* that have been raffled off at the past few meetings. So in a few months there should be many of us experiencing the joys of home cultivation.)



For information on future meetings of the cultivation group, phone Mark Jarand at 828-0648.

BOLETE WARS OF FRANCE

Francis Massart, Cenon

New Jersey Mycological Assn. News

Because of the gastronomic qualities of *Boletes edulis*, and their consequent market value, "beating for cepes" has attained flabbergasting proportions in the last two decades: The massive exodus of citizens toward areas reputedly rich with the autumnal manna, and the commando actions of certain processing concerns which, before the crack of dawn during the fruiting period, dispatch vans packed with pickers to scrape the woods from border to border -- such are the more spectacular aspects of the phenomenon.

The occasionally nonexemplary comportment of the first group and the lucrative character of the second provoke very understandable self-defense reactions on the part of the landowners caught up in this turmoil. These range from simple "No Collecting" signs to direct reprisals--punctured tires, even dissuasive rifle shots. One talks of The War of the Roses. For several years, we've polemicized against the War of the Mushrooms. If I have evoked this regrettable side of human activity, it is because of its troublesome impact on naturalists like ourselves--the difficulty of botanizing without attracting the thunderbolts of the rural world and, what is more grave, the increasing rarity of certain species. Alas, if a certain number of concerned persons have modified their comportment, there remain a sufficient number of recidivists that, at the critical season, the ground is strewn with the cadavers of innocent victims, and the woods take on the appearance of "the evening after the battle."

Spore Prints

is published monthly, September through June, by the
PUGET SOUND MYCOLOGICAL SOCIETY
Center for Urban Horticulture, Mail Stop GF-15,
University of Washington, Seattle, Washington 98195
(206) 522-6031

OFFICERS: Gilbert Austin, President
Richard Sieger, Vice President
Edith M. Godar, Treasurer
Mari J. Bull, Secretary

TRUSTEES: Patrice Benson, Dennis Bowman,
Ralph Burbridge, Kris Fulsaa,
Kern Hendricks, Mark Jarand,
Ingeborg McGuire, Amelia Schultz,
Daniel Schwenk, Michele Willis

ALTERNATE:

**IMMED. PAST
PRESIDENT** Coleman Leuthy

SCI. ADVISOR: Dr. Joseph F. Ammirati

EDITOR: Agnes A. Sieger, 15555 14th N.E.,
Seattle, WA 98155

Calendar

Feb. 14 New members' orientation, 7:00 p.m., CUH
Membership meeting, 7:30 p.m., CUH

Feb. 20 Board meeting, 7:30 p.m., CUH

Feb. 24 *Spore Prints* deadline

Mar. 6 *Spore Prints* mailing, 10:00 a.m., CUH

Mar. 11 Survivors' Banquet, Sand Point

OF THIS AND THAT

Mushroom Missionaries: On November 29, Joy Spurr gave a program to residents at the Cascade Plaza Retirement Center in Redmond, and on January 2 she gave a talk on "Mushrooms Around the World" to the Tacoma Mushroom Society. George Rafanelli gave a fungi presentation at the luncheon meeting of the Issac Walton Sport Fishing Club on January 26.

Sick Call: Banquet chair Ingeborg McGuire has a bad knee that is slowly healing. Elizabeth Purser is home after 5 days in traction in Providence Hospital.

Condolences: Irwin Kleinman recently lost his mother.

Spore Prints Mailing: Thanks to Marian Harris, Bob and Betty Hamilton, Amelia Schultz, Gilbert Austin, Irwin Kleinman, Bill and Charlotte Turner-Zila, and the Dilly bunch--Margaret, Claude, and grandsons Chris and Jeremy. Join the next team on March 6.

Thanks to these folks for building fund donations:

Irene O'Connor, in memory of Bill Margaret & Richard Lundquist	Dan Schwenk
Gilbert & Alice Austin	Candy Brewer
Elizabeth Sheppard	Sara Clark
Claude & Margaret Dilly	Shuko Hara
Kern Hendricks & Elizabeth Purser	Brian Notzon
Gerard & Libby Barta	Paul Rapp
Clifford & Irene Carpenter	Ann Levanavich
	Reynaldine Sandahl

Membership Meeting

Tuesday, February 14, at 7:30 in the Center for Urban Horticulture, 3501 N.E. 41st Street, Seattle

Dennis Bowman presents "From Russia With Love." He just returned from a trip to Siberia, making preparations for a tour he will lead to the Soviet Union later this year. Last winter he visited the U.S.S.R. as a representative of Peace Table, an exchange food group, and wrote about his experiences in *Spore Prints*. He will tell us more about Russia, people he met, their food, and their passion for mushrooming.



PRESIDENT'S MESSAGE

Gilbert Austin

It's Banquet Time - March 11 at the Sand Point Officers' Club! Many of us remember it from last year--good food, good service, and that rare commodity among group dinners, good value! Ingeborg McGuire is arranging a nostalgic, humorous, informative program for this, our 25th anniversary Survivors' Banquet. (For details, see Banquet article on page 4.) Come!

The Cantelon Pins. A reminder that, beginning with the meeting on February 14th, special morel pins, provided free by Ella and Ed Cantelon, will be given to members donating \$10 or more to the building fund. Ella or Ed will be stationed near Margaret Holzbauer at the membership table. Eligibility for a pin is not retroactive to donations made before February 14.

Don't Forget to Vote. An election ballot is included with this issue, along with photographs and resumes to assist your vote-casting. Please vote! We want our board members and other officers to be chosen by the broadest possible membership spectrum. Don't let PSMS management be determined by just a few!

Dues Renewal. Our bylaws stipulate that PSMSers who fail to renew their memberships by March are dropped from the rolls. If you haven't renewed yet, mail your dues now to membership chair Margaret Holzbauer to be included in the 1989 roster.

Exhibition 1989. Good news: Coleman Leuthy has volunteered to chair our 25th anniversary exhibition, to be held right here in the Center for Urban Horticulture. Coleman has actively participated in many exhibitions in past years, including a major role in the the PSMS NAMA conference in Port Townsend. With Coleman setting the pace, we can anticipate a splendid exhibition. But this event demands the participation of everyone. Members able to help, especially those willing to act as chairpersons of subcommittees, are asked to telephone Coleman now.

New Microscope. The splendid teaching microscope displayed at the January meeting was donated by Children's Hospital, via PSMS member Dan Schwenk, after they acquired a new model. Beginning in February, it will be set up at the membership meetings for anyone interested in viewing selected slides of mushroom features.



PSMS-Assisted Footage on CBS: Viewers of CBS's popular "Sunday Morning" show on January 22 saw 3 minutes of mushroom footage photographed on the PSMS field trip last October 29 at Masonic Park. The specific site was not identified, only that they were growing in "the Cascades of western Washington State."

ELECTION

ELECTION

ELECTION

The following candidates are up for election to PSMS offices in 1989. This year we are voting for a vice-president, a secretary, and five trustees. Please read the following profiles carefully and mark your choices on the enclosed ballot. Don't forget to return your ballot in the self-addressed envelope. Each family membership is entitled to two votes; each individual membership is entitled to one vote.

As vice-president of PSMS, I hope to revive the membership with spine-tingling speakers at every meeting and a mushroom in every pot.

VICE-PRESIDENT



Kern Hendricks

Here's your chance to use the ideas and enthusiasm of a defector from the Mycological Society of San Francisco. Three years as foray chairperson, foray leader, and board member of MSSF, I'd be delighted to add my time and energy to PSMS as a Board member.

TRUSTEE



Gregg Miller

SECRETARY



Mari J. Bull

A legal secretary with the largest Seattle law firm, I am the current secretary of PSMS and am willing to continue in this post until someone else volunteers.

TRUSTEE



Bill Bridges

Although I am a new member of PSMS I have been an active mushroom enthusiast for for 20 years. Enjoying PSMS activities, I would also like to help with the responsibility by being on the Board.

Introduced to mushrooms by parents and grandparents in my native Germany, I have grown to know and love them in the Northwest. Having enjoyed the membership for many years, I would now like to put my teaching and organizational skills to good use as a Trustee of PSMS.

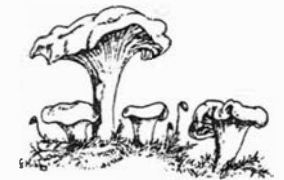
TRUSTEE



Inga Wilcox

While hiking on Mt. Rainier a few years ago, I was impressed with the diversity of the mushrooms I saw. Wishing to know more, I joined PSMS and become an active member of the cultivation group. I would now like to do my part and serve on the Board of Trustees.

TRUSTEE



Bob Innes

TRUSTEE



Lynn Phillips

I have been an enthusiastic pot hunter for many years. I first joined PSMS in 1972 and benefitted greatly from the classes. Since rediscovering the society in 1986, I have been very excited about the expanding directions the club has taken. Ecology and legislation, cultivation and mycophagy are areas of particular interest to me.

TRUSTEE



Harold Schnarre

Resident of Edmonds for 28 years. I enjoy the outdoors, especially backpacking. I have been a member of PSMS for 5 years and am interested in the education, field trips, and environmental issues of the society.

Originally from Idaho, I came to Seattle in 1967 and joined PSMS in 1973 after hearing a talk by Ben Woo and then seeing the Exhibit. An editor in "real life," I am also currently the editor of Spore Prints. I served on the Board in 1979, and am honored to be asked again.

TRUSTEE



Agnes Sieger

I have served on the Board for a full term and now seek re-election. At present, I am the Foray Chairman for our spring field trips, work in fund raising for our Society and volunteer for other duties.

TRUSTEE



Ralph Burbridge

CONSERVATION AND ECOLOGY

Margaret Dilly

The new year brings with it new legislative challenges. As most of you know, we were successful a year ago in passing a bill that requires commercial wild mushroom buyers and processors to purchase a license and keep accurate data on their harvests. This program is being administered by the Department of Agriculture for the next 5 years. The results should determine whether harvest regulations are necessary. In the meantime, however, harvest goes on.

CEP, the collation made up of members from various mushroom clubs, has voted to pursue two bills this year. This time an effort will be made to involve the landowners and perhaps reduce the incentive for commercial harvest. Bill numbers and hearing dates are yet to be assigned, so watch for them in news releases and respond to your legislators either by letter or phone. You might even consider attending a hearing.

For 2 years we introduced a bill to make mushroom harvesting a part of the specialized forest products act. We were unsuccessful because the forest industry, originators of the bill, were reluctant to have it opened for fear of changes having nothing to do with mushrooms. After several sessions in Olympia we have no trouble understanding that. We have written a new bill using the same text but applying to wild mushrooms only. This would specify a daily limit of 10 lb of one species, with a aggregate of 30 lb plus one mushroom. Any amount over that would require a permit from the county sheriff that has to be validated by the landowner.

The other bill insists that the Department of Natural Resources charge a fair market price for commercial harvesting on state trust lands or forbid it entirely. Recreational harvesters would not be affected.

Both of these bills are important in the ongoing struggle to keep fungi as the hobby we enjoy so much. Your cooperation is important. If you have any questions, feel free to call me, 782-8511, or Lori Knox, 789-8156.

25th SURVIVORS' BANQUET

Ingeborg McGuire



This very special occasion will be here before we know it. It is not too early to make your reservations.

The gala event will be on Saturday, March 11, 1989, at the Sand Point Officers' Club. The traditional no-host "attitude adjustment" hour begins at 6:30 p.m., followed by dinner at 7:30 p.m. There is a choice of salmon, Cornish game hen, or vegetarian's plate.

The program features Joy Spurr and other long-time members with anecdotes or slides, or both, dealing with our club's past years. The newly elected officers will be introduced, and our attending charter members will be recognized.

I hope you all plan to attend. Tickets are \$15.50 per person and seating is limited. To reserve your ticket, please call me evenings at 633-5778 or send your menu choice and a check to

Ingeborg R. McGuire
4258 7th Ave. N.E.
Seattle, WA 98105



I'll be looking forward to seeing you at the banquet.

MUSHROOM ASTROLOGY

Bob Lehman, LAMS



Aquarius (Jan. 20 - Feb 18): You enjoy hunting mushrooms if for no other reason than to bask in the beauty of nature, which you feel a kinship with. You enjoy club activities, at which you like to socialize and share your knowledge and ideas. You encourage the club to foray in new places and learn new things. You are concerned with the ecological role of mushrooms and about societal regulation of mushroom hunting. You are interested in edible mushrooms for their potential as a food source for others.

page 4



Puget Sound Mycological Society
Center for Urban Horticulture
GF-15, University of Washington
Seattle, Washington 98195



SIEGER, Dick & Agnes
15555 14th Ave NE
Seattle WA 98155 2