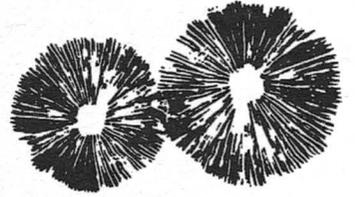


# SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
Number 347 December 1998



*Happy  
Holidays!*



# Spore Prints

is published monthly, September through June by the

## PUGET SOUND MYCOLOGICAL SOCIETY

Center for Urban Horticulture, Box 354115  
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Annual dues \$20; full-time students \$15

## CALENDAR

- Dec. 8 Membership meeting, 7:30 PM, CUH  
Dec. 14 Board meeting, 7:30 PM, CUH Board Room  
Dec. 19 *Spore Prints* deadline (early)  
Jan. 12 Membership meeting, 7:30 PM, CUH

## EMERGENCY MEDICINE ON THE WEB R. Sieger

Emergency room physicians have published a huge reference work on the web. At <http://www.emedecine.com/emerg/> is a database of emergency medicine that includes text and audio and video presentations. The electronic medium accommodates far more information than books could, and it can be updated much faster. The database includes sections on mushroom poisoning, giving the properties of various mycotoxins, suggested treatments, and even pop quizzes.

When one is identifying mushrooms in emergency rooms, information about their toxins may be helpful. I carry a copy of Denis Benjamin's *Mushrooms: Poisons and Panaceas* so physicians can photocopy pertinent sections. They can also get help from our Poison Control Center, and now from the emergency medicine web site.

## BUILDING FUND/INVESTMENT COMMITTEE

Irwin Kleinman

Knowledgeable members are needed to participate in planning for the long-term financial health of the Society. Some knowledge of stocks, mutual funds, bonds, fund raising, etc., is a plus. This committee reports to the Board of Directors on a quarterly basis. To volunteer, contact Henry Lingat at (425) 255-0504.

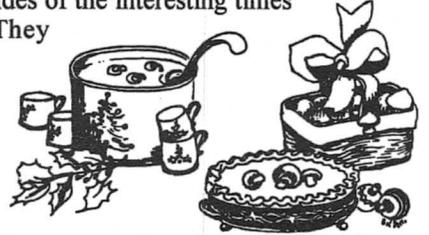
## MEMBERSHIP MEETING

Tuesday, December 8, at 7:30 PM at the Center for Urban Horticulture, 3501 NE 41st Street, Seattle



**"Cookie Bash" and Slide Show:** Once again it's time for our annual holiday gathering and "cookie bash." There's no program this month, just eating, socializing, and sharing slides. Bring your favorite holiday treat to share—a plate of cookies, appetizer, fruit and cheese, etc. (Please use a disposable plate or mark the utensil clearly with your name.)

We'd also love to see slides of the interesting times you've been having. They need not be mushroom related. Bring along a few slides (10 max) and give them to the person running the slide projector before the start of the meeting.



## FROM THE PRESIDENT

**Wild Mushroom Show:** The annual exhibit was a GREAT success in spite of the late date and late arrival of the rains. The number of species on exhibit didn't come close to the exceptional number from last year, but we did have a good representation of what is out there in the woods. Thank you all who worked on various stages of the show, from the gathering of species to the grunt work of putting up the panels, doing the cleanup, etc. It would be impossible to name each person who contributed, but a special thanks must go to Charles Pregaldin and Marilyn Denny for their long and hard hours.

**Membership Renewals:** It is renewal of membership time for all but those who joined in October and November. The membership fee remains the same, \$20 for a regular membership and \$10 for full-time students. Please note the indication on the upper right side of the label on your *Spore Prints* next to your name. If it is "L" (life), "C" (complimentary), or "1999" you do not have to renew. If it is "1998" then your renewal fee is due as of the end of the year. A reminder—if you have not renewed, you will not be able to vote on the new Board members and officers and you will stop getting the *Spore Prints* shortly after the first of the year.

## AMANITA PHALLOIDES IN VICTORIA Dick Sieger

Adolf and Oluna Ceska of the South Vancouver Island Mycological Society visited our annual exhibit and reported that three specimens of *Amanita phalloides* had been displayed at their annual exhibition October 25. They were collected under a beech tree on Government House property in Victoria, where another 20 *Amanita phalloides* grew.

The deadly *Amanita phalloides* is rare in the Northwest. It fruits under exotic trees and may be imported with them. In previous years it was collected twice from under a chestnut tree in the Fraser Valley. It fruited in Seattle under a variety of oaks and *Rhododendron* in the Arboretum in 1997, under a birch tree on Mercer Island in 1966, and in Seattle's Mt. Baker neighborhood near northern red oak from 1976 until the tree was removed in 1986.

On October 17-18, some 75 people formed for our annual joint weekend of collecting, identifying, learning, and eating mushrooms. In spite of the dry season and there being few mushrooms about, we identified 75 species. There were also many grouped by genus as "sp." Great meals were prepared by Wayne Elston, assisted by Patrice Elston and several Mountaineers. We had a lot of white chanterelles, which garnished and added to several courses and Sunday's soup. Sunday morning, we had petite cinnamon rolls prepared by Patty Polinski-Clarr as a prebreakfast bite with coffee at 7:00 AM followed by breakfast at 8:00 AM. Kudos go to our field trip leaders and identifiers: Russ Kurtz, Harald Schnarre, Ron Post, Doug Ward, and Charles Pregaldin. Organizer/identifier Coleman Leuthy talked about gilled fungi Saturday evening and, because of the lack of edible mushrooms and because collecting had been exhausted on Saturday, talked about nongilled fungi on Sunday morning. Then Wayne Elston had an overflowing kitchen as he talked about using mushrooms and demonstrated general tricks of the trade he uses in food preparation. A great time was had by all. Watch for next year's schedule in the September and October *Spore Prints*.

## THE BEST QUESTION I WAS EVER ASKED ABOUT MUSHROOMS

Dennis Krabbenhoft

During the several years I have taken responsibility for the feel and smell table at our annual mushroom show, visitors have asked me many questions about mushrooms. When the questions were easy, I would sometimes talk at length, giving more information than necessary. There have been other questions that exhausted my knowledge in a few words, and others that displayed my complete ignorance. These I have often passed on to experts at the identifications table.

I've especially enjoyed questions asked by children, whether in their early teens or much younger. They seem to sense the strange and mysterious nature of mushrooms, and their faces often express a mixture of curiosity and fear, loathing and delight.

I think the question I enjoyed answering the most was asked this year on the second day of the show by a five-year-old boy. His father was holding his hand as the two of them approached the feel and smell table. The father was friendly and courteous, and he asked several intelligent questions. As he and I talked, his little son appeared to be listening carefully. Then the father thanked me, and the two of them turned and left. In a few seconds they were back.

"He has a question he wants to ask you," said the father. I was seated in a chair at the end of the table. The boy and I were at eye level. I smiled at him and leaned forward to listen.

In a shy and serious voice he said, "Are there ever any gnomes under mushrooms?"

I caught my breath. I didn't laugh. I paused and said, "That's a really good question."

I paused again. Leaning forward a little more, I quietly said, "A lot of people will tell you that there aren't any gnomes under mushrooms, but I don't think they're right about that."

Both the father and the son seemed satisfied. I think it was the right answer.



About 45 members, mostly new, gathered in Seward Park at noon on Saturday, November 14, for an introduction to mushroom hunting and gathering by Brian Luther. After the initial coffee and goodies, we gathered around a table where Brian identified several mushrooms that had been gathered prior to the outing and then gave us a good lesson on the equipment needed when you go into the woods to hunt mushrooms, how to collect and save mushrooms for identification, and the features you use to identify mushrooms properly. We then took off on a 2 1/2 mile walk through the woods. Along the way Brian and Sara Clark identified the fungi we found and pointed out the habitat and mycorrhizal relationships of the various kinds of mushrooms. We carefully gathered and brought interesting examples back to the shelter area for further identification. After refilling our coffee and tea cups, we once again gathered at the ID table where Brian talked about the species that had been collected.

A surprising number of species were gathered. Among them were

<i>Inocybe</i> sp.	<i>Coprinus</i> sp.
<i>Conocybe</i> sp.	<i>Boletus zelleri</i>
<i>Clitocybe nuda</i>	<i>Pholiota</i> sp.
<i>Boletus chrysenteron</i>	<i>Lepiota rachodes</i>
<i>Amanita muscaria</i>	<i>Suillus lakei</i>
<i>Cortinarius</i> sp.	<i>Armillaria mellea</i> gp.
<i>Pleurotus ostreatus</i>	<i>Lactarius rubrilacteus</i>
<i>Gomphidius</i> sp.	<i>Agaricus campestris</i>
<i>Agaricus praeclaresquamosus</i>	<i>Stropharia ambigua</i>
<i>Cantharellus cibarius</i> (2)	<i>Limacella</i> sp. (fairly rare)

As always, everyone was given the standard caution about never eating a mushroom that had not been positively identified by a knowledgeable identifier.

We left at about 5:00 PM with brains full of new knowledge and thankfulness that the promised terrible rain had held off until after the outing.

## PRESERVING AND STORING MUSHROOMS

Tom Blades, *Mycena News*, Myco. Soc. of San Francisco

Should you be fortunate enough to find more mushrooms than you can reasonably consume while fresh, here are some ways you can deal with this delectable dilemma.

### Preserving

Always start with fresh specimens. Remove dirt and any bad parts. Slice into 1/8 to 1/4 inch thick pieces. Some of the most successful methods of preserving your bounty are given below.

### Sautéing and freezing

Sauté in butter or oil, but not olive oil since it adds other flavors. Don't add any salt. You can use oils with no flavor of their own, but the results are not as good as with butter.

Mushroom varieties that require a lot of cooking and that hold a lot of moisture, such as chanterelles, can be dry sautéed, that is, without using oil or butter, simply placed in a hot pan to cook in their own juices. Place in airtight containers and freeze. For even better results, use a vacuum packer so air in the container won't make the butter go rancid over time.

### Drying

Dry in a food dehydrator for the best and quickest results, but be sure to set it no higher than 115°F (if it has a thermostat) so the

mushrooms are dried without cooking them. Air drying on screens in the sun works well, but bring them inside at night. If you are drying on screens inside, you can speed the process along by using a heater or fan to circulate the air under the screens. A convection oven set to no more than 115° also works well. Leave the door slightly ajar to allow moisture to escape. You can also slice and string mushrooms on a string or thread to air dry. You can dry small specimens whole this way.

#### *Blanching (parboiling)*

Blanch in salted, boiling water for 2–3 minutes. Plunge into cold water to stop further cooking. Transfer onto paper towels to dry. Store in plastic bags in the freezer. Again, a vacuum packer keeps them longer.

#### **Storing and Reconstituting**

Once you've preserved your mushrooms, you need to store them and, when the time is right, reconstitute them.

#### *Storing*

Package dried mushrooms into airtight jars. Store in a cool dark place. You might freeze them for a few days to kill off bugs or keep them in the freezer. You should place sautéed mushrooms in air-tight containers in serving-sized portions and freeze them. You may process sautéed mushrooms in a food processor until the size of rice grains. Then place them in ice cube trays and freeze them. Store the cubes in plastic bags and use one or two cubes to flavor any soup or sauce.

#### *Reconstituting*

Soak dried mushrooms in warm water for 30 min or more. Simmer tougher varieties. Save the soaking water for stock or reduce and use with sauces. (You need not reconstitute mushrooms when making soup. Simply toss them into the liquid.) Allow frozen sautéed mushrooms to thaw slowly and use immediately.

#### **Tips For Different Species**

*Morels:* Drying works best. You can dry the small ones whole. You may also sauté and freeze them whole. Don't freeze them raw; they turn to mush.

*Chanterelles:* Sautéing and freezing is best. White and golden chanterelles dry but are leathery. The best preservation method for black chanterelles is to dry them.

*Boletes:* Slice and dry. Pores can be removed from older specimens. Dried boletes age well and increase in flavor intensity. Boletes do well sautéed, and you can freeze rock-hard buttons whole. Grind dry boletes into powder and use for flavoring soups, sauces, etc.

*Hedgehogs:* Sauté or blanch and freeze. You can also dry or pickle them.

*Lepiota:* Slice and dry.

*Oysters:* Cut into strips and blanch, then freeze.

*Agaricus:* Dry. Use this method if you find them at bargain prices at the market.

*Matsutake:* Freeze or pickle. If dried this mushroom loses much of its flavor.

## **MUSHROOM ASTROLOGY Bob Lehman, LAMS**



Capricorn (Dec. 22 – Jan. 18): You are plodding but thorough in your mushroom hunting. While Aries has gone off to explore a distant grove of trees and Sagittarius is busy extolling the virtue of mushroom hunting, you work your way through well-tested hunting grounds and find a respectable number of mushrooms. Your organizing and planning abilities can be valuable in making a foray successful. You make careful identifications before eating anything.



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