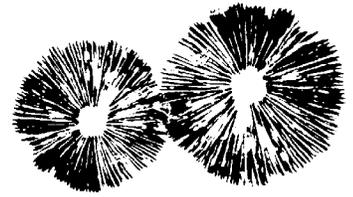


# SPORE PRINTS



BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
Number 380 March 2002

## SURVIVORS' BANQUET

Marian Maxwell and  
Ramona Owen

**To Recap:** The banquet this year will be a potluck at CUH, and our theme is "Comfort Foods." Kindly remember to list your potluck ingredients for those who have food allergies. Folks with last names beginning with the letters A–H please bring appetizers; those with names beginning with I–R please bring a main dish/entree; and those beginning with S–Z please bring a dessert. The club will provide all dinnerware, punch, coffee, and tea. Bring your own alcoholic beverages if you wish. We hope you'll dress kind of fancy/formal. We're dimming the lights for an evening of live classical music!

All this for only \$5! Reservations will go fast, so send your check as soon as possible to

Marian Maxwell  
14269 145th Place SE  
Renton WA 98059

**Volunteer Now:** Volunteers have begun signing up to decorate and set up the banquet hall, provide cuttings and flowers for decorating, and clean up afterward. We would appreciate more setup volunteers and another person who can provide cuttings or flowers or both. To sign up to help, please call Ramona Owen at (206) 587-0430 and tell the operator you want her voice mail.

**Recipe Contest:** Please bring your recipes to the banquet to help get our PSMS cookbook project up and running. Recipes will be drawn at random that evening. Yours might get a prize!

## PSMS COOKBOOK, ANYONE? KARIN MENDELL

The reason we are requesting that folks bring their favorite mushroom recipes (labeled with your name and phone number, please!) to the upcoming Survivors' Banquet is to help us gauge the interest in the club for another attempt at publishing a **new** PSMS Cookbook.

Historically, an ambitious group published the first PSMS Cookbook in 1969, as *Of Told Mushroom Recipes*. The second printing was published in 1973 as *Wild Mushroom Recipes*. It was beautifully illustrated with 18th and 19th century mushroom drawings from the mushroom book collection belonging to our late founder, Dr. Daniel E. Stuntz. Both books are now rare finds at used and vintage bookstores.

There have been at least three attempts to try and start up a ground swell of support for a new PSMS cookbook over the last several years. The basic problem has been difficulty in collecting enough recipes. This is hard to believe if you've ever had the pleasure of feasting at one of our field trip potlucks or even last year's Survivors' Banquet. Our membership abounds with talented amateur and professional chefs and amazing home-cooking artists. (Think,

for example, of those tasty artistic treats at our yearly Christmas Cookie Bash and Edible Art Exhibit!)

There are several new ideas on the horizon, which might make this a less daunting task. Colin Meyer, our multitalented Webmaster and board member, has suggested the possibility of an "electronic Web-based version" of a PSMS cookbook, which could grow in size as we move toward an actual hard-copy publication. We could then continue to collect content over time. Two important components will determine whether or not this project could be a success: (1) An enthusiastic leader to organize this (amid all our ongoing events: field trips, Annual Exhibit, etc.) and (2) a strongly supportive committee of folks dedicated to making this happen! Please contact Karin Mendell if you are interested and are willing to commit time and energy to this exciting project. You can reach me either by e-mail at [k.Mendell@attbi.com](mailto:k.Mendell@attbi.com) or by phone at (425) 868-7918.

In the meantime, show us your support by bringing your recipes to the Survivors' Banquet on March 16, for your chance at the door prizes!

## SPRING MUSHROOM IDENTIFICATION CLASSES Colin Meyer

The growing season is nearly upon us, and mushrooms will soon be springing forth from the ground. Now is the time to educate yourself and learn how to identify what you see. PSMS offers two identification courses in the spring season. One is for beginners and includes information on collecting and cooking as well as how to avoid poisoning yourself. The other is for intermediate collectors who may know a few mushrooms as old standbys and wish to learn how to decipher the rest of what they see, using dichotomous keys.

Each course will consist of five 1½-hour sessions, held in classrooms at CUH, on Monday and Tuesday evenings. Exact dates and curriculum information will be given when you sign up. Required texts are *Mushrooms Demystified*, by David Arora, for both classes, and *Identifying Mushrooms to Genus, Book I, The Macroscopic Features*, by David Largent, for the intermediate class. These texts are available to members for a discount at the PSMS book sales table and will also be available for purchase on the first day of class. Be sure to bring mushrooms from your yard or walks to class to identify!

To sign up, send a check for \$35 (payable to PSMS) to

John Goldman  
5819 SW Horton St  
Seattle WA 98116

along with a note indicating which course you'd like to attend, your name, address, and phone number. Space is limited, so sign up quickly. If a class is filled, checks will be returned. For more info, phone John Goldman, (206) 933-0838, or e-mail Colin Meyer, [cmeyer@helvella.org](mailto:cmeyer@helvella.org).



# Spore Prints

is published monthly, September through June by the

## PUGET SOUND MYCOLOGICAL SOCIETY

Center for Urban Horticulture, Box 354115  
University of Washington, Seattle, Washington 98195  
(206) 522-6031 <http://www.psms.org>

User name: Password:

OFFICERS: Joanne Young, President  
Karin Mendell, Vice President  
Lynn Phillips, Treasurer  
Brandon Matheny, Secretary

TRUSTEES: Patrice Benson, John Goldman,  
Marcia Hiltzheimer, David Hunt,  
Don Lennebacker, Marian Maxwell,  
Colin Meyer, Ramona Owen,  
Pacita Roberts, Bernice Velategui,  
Doug Ward (Immed. Past Pres.)

ALTERNATES: Steve Dally, Micala Root

SCI. ADVISOR: Dr. Joseph F. Ammirati

EDITOR: Agnes A. Sieger, 271 Harmony Lane,  
Port Angeles, WA 98362  
[sieger@worldnet.att.net](mailto:sieger@worldnet.att.net)

Annual dues \$20; full-time students \$10

## CALENDAR

Mar. 16 Annual Meeting and Survivors' Banquet,  
6:30 PM, CUH

Mar. 18 Board Meeting, 7:30 PM, CUH Board Room,  
Isaacson Hall

Mar. 19 *Spore Prints* deadline

Mar. 30 Field Trip, MacDonald County Park

Apr. 6 Field Trip, St. Edward State Park

Oct. 19-20 PSMS Annual Exhibit, Old Brig (Bldg. 406),  
Magnuson Park



## COOKING TIP

Norene Wedam

[N.A. Truffling Society newsletter]

A bit of nutmeg, when added while cooking, will enhance the flavor of fungi. Use just enough nutmeg to barely taste as it will overpower the delicate fungus flavor. Other ingredients that enhance flavor are dairy products such as butter, cream, and cheese. Light oils are also beneficial.

## MEMBERSHIP MEETING

This month is the **Annual Meeting and Survivors' Banquet**, Saturday, March 16, at the Center for Urban Horticulture.

Festivities begin at 6:30 PM. The theme is "Comfort Foods." Remember to list the ingredients in your dish, and to turn in a recipe for the door prize!

## SPRING FIELD TRIPS

Steve Curtice

Spring is here. It's time to start thinking about the early field trips before the May morel frenzy. Two field trips are scheduled in the upcoming month. Both are close in for those of you who don't feel up to an all-day jaunt.



### March 30

### MacDonald County Park

(30 miles east of Seattle)

To start off the season, we will visit MacDonald Park, on the Tolt River about 1/2 mile south of the town of Carnation in King County. Enter the park on N.E. 40th Street from State Highway 203. Watch for PSMS signs on the corner and use the day-use parking lot. We will meet at the main shelter across the suspension bridge for a general introduction to mushroom hunting. Then we will break into small groups and go out to gather specimens. Identifiers should be available around 10:30 AM. There should be *Verpa bohemica* under the cottonwoods in the surrounding area. We'll meet rain or shine. You may want to bring lunch.

### April 6

### Saint Edward State Park

Northeast shore of Lake Washington)

From I-5 take the 145th Street exit and go east on 145th to Lake City Way N.E. (Highway 522). Turn left and proceed around the north end of Lake Washington to Kenmore and turn right onto Juanita Drive N.E. Drive just under two miles to the park entrance on the right. This is a beautiful and large park. Hosts will pick a place to gather and put out some signs.

## SPRING FIELD TRIP REMINDERS

For this Spring's field trips, we want to remind PSMS members of the following details:

- Hosts will be asked to supply coffee, hot water for tea, and some type of pastry.
- PSMS members must bring their own picnic supplies (plates, utensils, etc.).
- IMPORTANT: Because of changes in the key situation at CUH, *Karin Mendell will be holding the host kit* (one box of field trip supplies) *at her home*. Please call her at (425) 868-7918 to arrange pickup of the kit before your field trip.
- Hosts should plan to stay and host the potluck following the mushroom picking!
- Have FUN meeting other new and long-time members!

If you have not done so in the past, please consider hosting a field trip this season. It's a great way to develop lasting PSMS relationships. E-mail Karin, [k.Mendell@attbi.com](mailto:k.Mendell@attbi.com), or call the number listed above) to reserve your opportunity to host this Spring!



## FIELD TRIP TIPS

Agnes Sieger

For those who joined PSMS at the Annual Exhibit in October, I thought it might be nice to review some basic mushrooming tips regarding the upcoming Spring field trips.

**Apparel:** The Pacific Northwest is wet. Wear warm clothing, preferably in layers, and waterproof shoes or boots and bring your rain gear. Pacific Northwest vegetation is usually thick, and the sky is frequently overcast. Bring a compass and whistle and a map of the area—and remember to use them.

**Mushrooming Gear:** You will need a wide-bottomed container for your mushrooms. This can be a basket or bucket. Do not use plastic sacks; they tend to condense moisture and turn mushrooms into slime. You will need a sturdy knife suitable for cutting and prying and perhaps a soft brush to clean up the edibles; some people even bring a small garden trowel for digging. To protect individual specimens for identification, take some wax paper sandwich bags or aluminum foil.

**Collecting:** If you know you have a good edible, cut off the stem cleanly and brush off as much soil and debris as possible. Store like species in a rigid container where they won't get crushed or pick up more dirt. Try to keep the mushrooms cool and dry, and process them as soon as possible.

**Field Trip Format:** Most PSMS field trips are planned for Saturdays, since this is the most convenient time for many people. It is possible to come early on Friday and stay over to Sunday. The campgrounds, unless otherwise specified, have camping facilities. Almost all field trips have hosts, who set up by 9:00 AM on Saturday with hot coffee and snacks. The hosts greet and sign in members, relay general tips on what is up and where to find it, and introduce newcomers to more experienced members. They also have a map of the area. After signing in, participants gather their gear and head for their favorite hunting grounds. In the afternoon, they come back to the campsite to identify their finds, compare notes, and prepare for the potluck.

**Potluck:** The potluck starts at 4:00 PM (sometimes later when the days are longer). You need to bring your own eating utensils and beverage and a dish to contribute to the table. This can be an appetizer, a salad, a main dish, or a dessert. The food is usually delicious, and it is a great time to swap tales, collect recipes, and share mushroom information with friends old and new.

## "THANK YOU" TO THE FLOWER AND GARDEN SHOW PARTICIPANTS!

All the petals have been swept away and even the fragrances of the flowers are long gone. Forty-plus volunteers participated in manning the PSMS Booth at the 2002 Northwest Flower and Garden Show. They did an excellent job as PSMS ambassadors, sharing information with the fungi-interested public! Hariana Chilstrom, Cathy and Don Lennebacker, and Karin Mendell all deserve a special "Thanks!" for designing and setting up the new booth and, with help from Doug U'Ren, tearing it down. We now have a very portable display, which will certainly come in handy for our Annual Exhibit and when we're faced with impromptu publicity opportunities for PSMS.



## INVASIVE FUNGI SPECIES

Fungifama

So. Vancouver Is. Myco. Soc., January 2002

Five fungi have made it onto the list of "100 Worst Invasive Alien Species" maintained by the World Conservation Union's Invasive Species Specialist Group (ISSG). They are

- *Batrachochytrium dendrobatidis*, the Frog Chytrid Fungus, which is responsible for some of the die-off of world amphibians
- *Cryphonectria parasitica*, or Chestnut Blight, which is responsible for the death of most of American chestnut trees
- *Ophiostoma ulmi*, the fungus that causes Dutch Elm disease
- *Phytophthora cinnamomi*, or Phytophthora Root Rot, a fungus-like organism that kills many plants by reducing the movement of water and nutrients within the plant
- *Aphanomyces astaci*, or Crayfish Plague, a freshwater fungus that is nutritionally dependent on and killing off crayfish.

To see the complete list, go to the ISSG Website at <http://www.issg.org/database/welcome/>.

## TRICHOLOMA EQUESTRE WARNING *Mycofile*

Vancouver Mycological Society. Winter 2002.

As a precaution, Health Canada is advising mushroom consumers of the potential risk of poisoning from the consumption of large and frequent meals of the wild mushroom *Tricholoma equestre* (syn.: *Tricholoma flavovirens*), commonly known as the "Man-on-Horseback." In Canada, it appears to be primarily harvested by individual mushroom collectors. The species had been considered edible worldwide, and has been eaten by many people without apparent effect.



A report in the September 13, 2001, issue of the *New England Journal of Medicine* associates twelve cases of rhabdomyolysis (muscle destruction) in adults with the consumption of several large consecutive meals of this mushroom harvested in a coastal region of southwestern France. Three of these cases, which occurred between 1992 and 2000, were fatal. The first symptoms of poisoning included muscle weakness and cramps, fatigue, sweating, and nausea. These symptoms may have occurred up to several days after ingestion. The toxic agent in the suspect mushroom remains to be identified. In the absence of information on the dose range that can cause toxic effects, Health Canada advises that those who wish to continue eating *T. equestre* exercise caution and limit their consumption to no more than one small portion (about 100 g uncooked weight) per week.

"Man-on-Horseback" can be found in coniferous forests throughout North America in late summer and fall. It is a smooth, yellowish-brown or greenish-brown capped fungus (310 cm across) with distinctly yellow gills. Most Canadians are unaware of it, and it is not closely related to cultivated species.

In France the species involved was initially identified as the closely related *T. auratum*. In North America, most people would identify tricholomas resembling *T. auratum* as *T. equestre*.

Harvesters of wild mushrooms should always ensure that the species collected have been properly identified prior to consumption. Individuals with health concerns should contact their health care professional for advice.

**2002 ANNUAL EXHIBIT**

**Karin Mendell**

We now have a confirmed date and location for the 2002 PSMS Annual Fall Mushroom Show next fall.

We will again be using the South Pod of the former Brig, Building # 406, at Sand Point (now Magnuson Park). The dates are October 19 and 20. I will be co-chairing the show and am advertising for an energetic co-chair! If you're interested in an "exciting challenge," don't hesitate to contact me via e-mail, [k.Mendell@attbi.com](mailto:k.Mendell@attbi.com), or phone, (425) 868-7918.

**MUSHROOM CULTIVATION WORKSHOP Ed Foy**

The following is posted with permission of PSMS, which is not a sponsor and assumes no liability. *Please note:* This event is NOT held at the Center for Urban Horticulture, where most PSMS events are located.

A mushroom cultivation workshop will be held at the Washington Park Arboretum on Saturday, March 30, between noon and 4:30 PM. Participants will meet in the greenhouse at the south end of the parking lot of the Graham Visitor's Center. They will leave with bags of pasteurized wheat straw inoculated with *Pleurotus djamor*, the Pink Oyster. Attendance is limited. Please reserve with Ed Foy; e-mail [edfoy@gorge.net](mailto:edfoy@gorge.net) or phone (541) 386-7059.

**NEW BOARD MEMBERS AND OFFICERS INVITED TO THE MARCH BOARD MEETING, 3/18/02**

New PSMS Board members and officers—whose names will be announced at the Annual Survivors' Banquet on March 16—are reminded that they are VERY welcome to attend the Board meeting on March 18 (the following Monday) at 7:30 PM in the board room in Isaacson Hall at the Center for Urban Horticulture. This is the same building that houses the PSMS office, and the board room is just down the hall from the office. The doors will be open by 7:15 PM, and other members should be seen lurking about.

**HOT MUSHROOM SALAD**

**Juergen Kuerten**

*Mycophile*, Vancouver Mycological Society, Winter 2002

Prepare a bowl of your favored mixed greens. In a pan, sauté diced onions in olive oil. Add coarsely chopped fresh mushrooms such as boletes, chanterelles, *Agaricus*, etc. The more varieties you have, the better it will taste. Season with salt, pepper, garlic, and fresh chopped parsley. Cook until the juices are partly evaporated.

Dish out the greens and scoop the hot mushroom mixture on top. Add a little lemon juice and enjoy with crusty bread. (Pine nuts make a nice addition.)

Amounts of this recipe are adjustable to take into consideration of the number of servings required and whether it is an appetizer or a main course.

During the off season I recommend the use of fresh store bought mushrooms such as *Agaricus bisporus*, portobella, crimini, enoki, and shiitake.

Enjoy this meatless and healthful creation.

**McGEE, MS**

#@\*#  
I don't do gigs in Hades!  
@&#



Yo, Jay, is that a *Helvella gigas*?



Gloria Barber © 2001



**Puget Sound Mycological Society**  
Center for Urban Horticulture  
Box 354115, University of Washington  
Seattle, Washington 98195

RETURN SERVICE REQUESTED

Non-Profit Org.  
U.S. POSTAGE  
**PAID**  
SEATTLE, WA  
PERMIT NO. 6545