

SPORE PRINTS



BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY
Number 396 November 2003

40TH ANNUAL WILD MUSHROOM EXHIBIT Co-Chair Karin Mendell & Committee Chairs

Co-Chairs Dave Hunt and myself are grateful to be a part of such a huge event as our Wild Mushroom Exhibit, none of which would have been possible without the tremendous effort put forth by the crew and staff. Thank you! Thank you! Thank you!

This year, I asked all the committee chairs to provide a little feedback about how they think the show went. Those folks who had time and were able to do so sent me the following information.

Early Stats *John Goldman*

The show grossed more than last year, although all our costs have not been reported yet so the net is not available. Seventy-nine new members joined, and eighteen members renewed. Admissions and books and T-shirt sales generated about equal amounts.

Books and T-Shirt Sales *Donna Palomaki*

Hard-working volunteers provided books, T-shirts and posters to help expand mushroom consciousness. Field guides to help foragers identify their finds and cookbooks to inspire delicious mushroom meals continued to be our biggest sellers, but our beautiful show T-shirts and new colorful baseball-style caps and floppy hats also lured the fashion-conscious attendee. Past and present show posters attracted lovers of mushroom art.

Many thanks, again, to all the wonderful volunteers who made the book sales table both informative and fun.

Artist Vendor Sales *Ramona Owen*

The new location for the artists seemed to work well, given the whole redesign of our show space this year. Visitors of all ages came in for a look at the interesting artistic creations and talked with the artists. The artists were able to take breaks to enjoy and

learn from the many aspects of our PSMS exhibit. Thanks to the carpenters and the decorators for their efforts in beautifying the room.

Mushroom Sorting, Labeling, & Tray Arranging *Colin Meyers & Marian Maxwell*

This was a very challenging year for all our identifiers and those doing backstage labeling, sorting, and helping with tray arrangement. Because of the unusual dry weather, there was a shortage of many species that are usually plentiful. *Ganoderma applanatum*, *Mycena*, *Russula*, and *Cortinarius* species were just a few of those. Only two chanterelles were found. This shortage of some of our more colorful species gave a unique challenge to the tray arrangers. They did a great job, especially considering the lack of colorful material!

Cooking & Tasting *John Goldman*

Cooking & Tasting, always a popular part of the show, proved no exception this year. Over the two-day show, eight chefs gave instructive demonstrations and treated the gathered masses to the scrumptious results. These included professional chefs and PSMS members Michael Blackwell, Jeremy Faber, Jamie Notman, Michiko Pompian, and Luiz Felix; nonmembers Bruce Naftaly, owner of the Ballard restaurant Le Gourmand, and Jean-Michel Boulot, executive chef of the University of Washington; and Patrice Benson, co-chair of Cooking & Tasting. Other members contributed their time to clean mushrooms and pots and pans and serve the finished dishes to the expectant crowd.

Though only a few pounds of chanterelles came in, generous members contributed 18 pounds of Matsutake, some of which came from the Lake Quinault area (via Ron Post) and others from "east of Easton," fresh boletes (among them, a three pounder with no

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40th Annual PSMS Wild Mushroom Exhibit

2003

Photos by John Goldman and Tony Tschanz

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PUGET SOUND MYCOLOGICAL SOCIETY

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CALENDAR

- Nov. 8 Field Trip, Twanoh State Park
- Nov. 11 Membership Meeting, 7:30 PM, CUH
- Nov. 15 Field Trip, Deception Pass State Park
- Nov. 17 Board Meeting, 7:30 PM, CUH
- Nov. 18 *Spore Prints* deadline
- Dec. 9 "Cookie Bash" and holiday membership meeting,
7:30 PM, CUH

BOARD NEWS

Ramona Owen

We discussed the joys and challenges of the 40th Annual Wild Mushroom Exhibit and how the newly renovated space worked to our advantage or otherwise. We are grateful for all the hours of help from all the volunteers. This year's income from the Show was greater than last year's. Seventy-nine new members joined the club. We are pleased that Book Fair goes continue to visit our event. The exhibit seems to be drawing more groups of young people, which fits with our education mission in the community. Gary Lincoff, our lecturer from New York, was a great success—he sends the club his regards and "thanks" for an enjoyable visit. Some Board member terms are nearing completion which will require nominations in the near future. Dr. Ammirati has started the PSMS Sunday evening ID workshops.



MEMBERSHIP MEETING

Tuesday, November 11, at 7:30 PM, at the Center for Urban Horticulture, 3501 NE 41st Street, Seattle

Our speaker this month is Canadian mycologist Bryce Kendrick, author of the book *The Fifth Kingdom*, the huge CD-ROM of the same title, and over 300 other mycological publications. He received the "Distinguished Mycologist" award of the Mycological Society of America and the Lawson Medal of the Canadian Botanical Association for lifetime contributions. Bryce is a gripping speaker, so come prepared to be entertained.



If your last name begins with the letters A–L, please bring a plate of refreshments to share after the meeting.

LAST CHANCE FOR FALL FIELD TRIPS

Cathy Lennebacker

Its not too late for this chanterelle season. The rains are here, so put on your rain gear, bring lots of baskets, a sack lunch, something for the potluck, and come pick. Chanterelles are only \$2.98/lb at a local produce stand so they must be plentiful somewhere. A \$5 parking fee is required at both the following field trip locations.



November 8

Twanoh State Park

Alas, this lovely park on Hood Canal is closed for camping. We will meet in the day use/picnic shelter. Washington State collects a \$5 per car parking fee. *Host Harold Schnarre.*

Driving Directions: Take the Bremerton Ferry (a half hour ride) from downtown Seattle, take Hwy. 3 southwest to Belfair, and go west 8 miles on Hwy. 106 from Belfair to the park.

Alternate Route: Go to Tacoma on I-5 and take Hwy. 16 (Bremerton, Silverdale freeway) heading NW toward Bremerton. Follow Hwy. 16 for 13.8 miles, take the Purdy exit, drop down the hill for 1.3 miles, and turn left onto Hwy. 302. Continue for 5.3 miles up the long hill. Watch for the sign for Elgin-Clifton Road NW on the right. Take Elgin-Clifton Road NW (also marked as Hwy. 302 West) and continue for 9.5 miles. At the end of the old settlement of Victor, watch for the Coulter Creek Fish Hatchery on your right. Turn right on the road immediately after the small bridge at the fish hatchery and go 1.3 miles up hill through dense woods until you reach the "T" at Hwy. 3. Turn right onto Hwy. 3 and drop down the hill for 1.7 miles. At the bottom of the hill (before going into Belfair) get into the left-turn lane. (Signs will say to Twanoh State Park, Alderbrook, Union, and Shelton.) Make a hairpin left turn onto Hwy. 106 going SW. Continue on Hwy. 106 for approximately 8½ miles to Twanoh State Park.

November 15

Deception Pass State Park

Meet at the Cranberry Lake shelter. A \$5 parking fee is collected at the entrance unless you are camping, in which case your camping receipt includes parking. This saltwater campground is open year round. No potluck as it gets dark so early. There are several delicious restaurants in LaConner for a friendly dinner. *Host Ron Post.*

Driving Directions: Head north on I-5 to exit #230, and go 18 miles west toward Oak Harbor. The park entrance is on the right 1 mile past the Deception Pass Bridge, one of the most photographed scenic places in the state.

MASONIC PARK FIELD TRIP Russ & Val Orthus

On October 4, 2003, we met at the Masonic Park in Granite Falls at “Peterson Kitchen” shelter. This shelter is actually an enclosed facility with a complete kitchen, a large area for dining and mushroom classification, and a large wood stove with wood supplied by the park.

Areas searched included Independence Lake, the Boardman Lake trail, the Lake 22 trailhead, Gold Basin, Big Four, and the park itself. Surprisingly, the higher areas were dryer than the lower ones, and, with the exception of chanterelles, a large assortment of mushrooms was collected. A big thanks to chief identifier Stephen Bell and to Joshua, our star student, and his mother, who helped.

Of 69 identified mushrooms, 20 were edibles. Many were of the *Boletus* family. Most were *Suillus*, but many *Boletus edulis* were also found.

The 4 PM potluck was enjoyed by just about everyone who came to the field trip that day.

No one stayed the night in the park with us, as we always do. But remember for next year that you are welcome to bring an RV or tent and spend a couple of days hunting if you wish.



WHY THE CIRCLE 8 FORAY (OCT. 31–NOV. 2) WAS CANCELLED

Karin Mendell & Dave Hunt,
your unhappy foray chairs

For those of you who missed the October meeting, I would like to explain why we ended up cancelling the Fall Foray at Circle 8 Ranch. Our misfortune began when, because of the hot, dry summer, we decided to move the foray from the original dates of September 20–22 to October 31–November 2. Apparently, the owner/wife did not clear the rescheduled dates with the owner/husband. He called on September 29 with the sad news that this would be past the date (October 15) when the owners had to winterize the campground.

As part of their winterizing process, they would turn off the water to the upper area of the campground. This meant

- There would be no water in the kitchen, which is already very tiny to work in.
- There would be no communal bath houses, leaving only two tiny bathrooms in the large A-frame for all 50 Foray guests—not a good ratio.

In addition, the owner warned that

- Usually there is a hard freeze and/or a heavy snowfall in this area by October 31. (Last year the caretaker was ice skating on all the ponds up on the grounds by our Foray date.)
- All the campground picnic tables would be stored in the large main dance hall. (We could have worked around this complication, but not the waterless situation!)

Dave and I extend our most humble apologies to all our PSMS members and board, and especially to our gracious chef and the foray mycologist and identifier. Next year we will schedule the Fall Foray earlier in the season (if dry weather does not prevent it)!

“IS THIS MUSHROOM EDIBLE?” Dick Sieger Olympic Peninsula Mycological Society

To be edible, mushrooms must be

- **identified with certainty.** There aren’t any shortcuts. There aren’t any general rules. The name of the mushroom must be known.
- **tolerated by most people.** A good field guide passes on the experience of people who have eaten particular species.
- **found in a wholesome environment.** Mushrooms can absorb herbicides and heavy metals.
- **fresh.** Rotten food is never edible.
- **cooked.** Heat softens indigestible mushrooms. It may vaporize some poisons and reduce the potency of others.
- **eaten in reasonable quantities.** Some mushrooms are OK in small portions but troublesome when overeaten. And there’s always the risk of a good old-fashioned belly ache.
- **eaten by healthy adults.** Children, old people, and ill people may be sickened by mushrooms that are enjoyed by others.

Some people get sick anyway. Alcohol combined with certain species causes illness. A few people are sickened by allergies or unusual sensitivity. Be kind to your doctor—don’t confuse him by eating several species at one sitting. Experts can help, but eating mushrooms (or any food) can never be entirely safe.

PRESIDENT’S MESSAGE

Karin Mendell

40th Annual Wild Mushroom Exhibit:

It seems strangely quiet now that the show is over. All our members and audience agreed that Gary Lincoff’s presence was a wonderful treat! Our incredible members pulled off another fantastic exhibit. Thanks again to all our wonderfully generous members—generous with their talents, gifts, mushrooms, and spirit! We thank you, and the public loved it!



Karin’s First Bolete

Cookie Bash: Don’t forget that the cookie bash is just around the corner. This is our traditional December get-together, a time when members share their favorite holiday cookies and hors d’oeuvres. For this December membership meeting, we typically ask that members bring in five or six slides of recent adventures, mushrooming or vacationing, to share as we visit and celebrate the season. No speaker is scheduled. The PSMS Board hosts the party and has sponsored an “Artist Expression” contest the last several years that has provided some amazing offerings! Patrice Benson will have more details in the December *Spore Prints*, but start now gathering your slides and creating your artwork!

Officer and Board Nominations: Nominations will begin in November for outgoing Board positions. Elections will take place in February for two-year terms beginning in April 2004. If you’d like to take a more active role in PSMS, as well as get to know other members better, this is a great opportunity! Consider contacting a member of the Nominating/Election Committee or any board member to nominate yourself or suggest a possible candidate. Election Committee names will be announced soon.

MUSHROOMS AND SHALLOTS IN A BALSAMIC REDUCTION

Michael Blackwell

(as served at the 40th Annual PSMS Wild Mushroom Show)

A delicious appetizer or simple side dish with an unexpected refreshing, herbed taste. Serve with crusty baguette or other artisan breads.

4 large **shallots**
2 tablespoons **butter**
10 crimini or other **mushrooms**
3 tablespoon **maple syrup**
1 tablespoon dried **thyme**
3 tablespoons **balsamic vinegar**
Salt and pepper

Quarter the shallots. Halve the mushrooms.

Sauté the shallots in the butter for three minutes; add the mushrooms, stirring for one minute.

Add the thyme, salt and pepper, maple syrup, and balsamic vinegar. Allow to boil vigorously for 8 minutes or until mixture reduces to a glaze. Reduce heat as mixture begins to thicken. Take care not to scorch or burn. Serve at room temperature. Makes 2–3 servings.

Variation: Serve over baked or broiled tofu or poured over a wedge of Brie or Cambazola.

DROUGHT AFFECTS TRUFFLE HARVEST

The Wall Street Journal, 8/5/03

The drought in Europe this summer has parched the continent's richest truffle regions, potentially wiping out as much as 70% of the upcoming harvest. The average wholesale price of truffles last winter was about \$150 a pound, down from a record \$265 a pound in the winter of 2001–2002. The French Federation of Truffle Cultivators expects this winter's prices to top that high, and high-end retailers are starting to worry. "We still have hope," says Guy Monier, owner of La Maison de la Truffe in Paris. "But if things continue like this, it'll be a very bad year."

Annual Exhibit, cont. from page 1

bugs at all courtesy of Jeremy Faber), Meadow Mushrooms (*Agaricus campestris*) via Mike Lovelady, and shaggy parasols (*Lepiota rachodes*) courtesy of Sego Jackson. Fungi Perfecti donated pounds of cultivated mushrooms, including *Pleurotus ostreatus*, Maitake (*Grifola frondosa*), Shiitake, and the beautiful, golden, funnel-shaped *Polyporus tuberaster*. Thanks to all the generous members who shared their bounty. There were even mushrooms left over, and at the show's end the clean-up crew cleaned up—one of the many benefits to volunteering at the show.

Colleen Compton, Magda DiGiovanni, Hobana Garcia, and others decorated the area with beautiful foliage. Mushroom chatchkes and jars of dried mushrooms donated by Patrice Benson, John Goldman, Lynn Phillips, and Joanne Young adorned the serving tables. Founding member Ben Woo increased traffic by creating beautiful signs displaying the list of the chefs and their demonstration schedules.

Thanks to all who contributed their time, talents, mushrooms, and objects d'art to Cooking & Tasting and made this portion of the show a rousing success!

McGee, MS



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