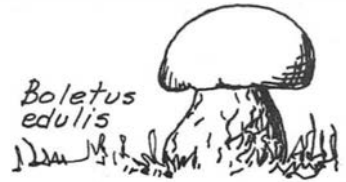


# SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
200 Second Avenue North, Seattle, Washington, 98109

May 1979

Number 152



## FIELD TRIPS

Dick Sieger

May 19 & 20 Crystal Springs Forest Camp (2,400')  
Travel east on I-90 over Snoqualmie Pass. Nine miles past the summit, take the "Stam-pede Pass" exit (#62). Turn right at the stop sign, then right again just before the bridge. If snow prevents camping here, a sign will be posted giving directions to a nearby alternate, probably Lake Easton State Park. The area usually has morels and Boletus edulis.

May 26, 27, & 28 Clear Lake Forest Camp (3,100')  
The camp is south-east of Mt. Rainier National Park on State Route #12. Use the well-marked turn-off about 7 miles east of the White Pass summit. Travel 4/10th mile and take the left fork which is Road #1312. Continue another half mile and turn right into the campground that is across the road from Spring Forest Camp. We expect morels, Boletus edulis, and corals.

June 2 & 3 Tumwater Forest Camp (2,050')  
The camp is nine miles north-west of Leavenworth. Travel east on Highway #2 over Stevens Pass. About 23 miles past the summit, turn left into Tumwater Camp. We hope to find Boletus edulis.

## ROCKPORT FIELD TRIP REPORT

H.R.H.

The people were ready, but the mushrooms were not. We especially missed finding the early morels, Verpa bohemica, which we were accustomed to collecting at Barnaby Slough and surrounding areas. George Rafanelli and Jennie Schmitt identified 17 species of fungi, including a tiny Pluteus cervinus, Agrocybe praecox, and Polyporus squamosus.

The weather was reasonably cooperative, but yours truly and Art & Myrtle Fick, the hosts, still appreciated the enclosed shelter which is available for us at the Steelhead County Park. The ranger, Dennis Mapes, worked overtime on Friday cleaning out the shelter, since he had been given a later date for our fieldtrip, and only the early arrival of some members on Thursday alerted him to the change in date. The shelter was spick and span, and on Saturday Dennis fixed the broken sink pipe.

The potluck dinner, attended by some 55 plus, was delicious as usual. For desert we had a specially decorated cake celebrating the naturalization of two of our youngest members, Suzanne and Robbie McKnight, who had become U.S. citizens the day before. We also celebrated Stacey Hendrickson's eighth birthday, on this March 31, 1979.

## SQUIRE CREEK FIELD TRIP REPORT

Dick Sieger

This was the first time in several years that we have used this Snohomish County park. It has a fine shelter, and is in an attractive location on the creek, with good nearby places

for mushroom hunting.

On Saturday, April 7, there was warm, sunny weather and the mushroom hunting was excellent. Mushroom finding, however, was poor. The cottonwood trees, nettles, and trillium, all indicated that the season was just right for Verpa bohemica, but very few were found. Only a handful of mushrooms were collected for Jennie to identify.

Joy and Roger Spurr came with a guest, Dr. Jim Blackman of Duluth, Minnesota. Fortunately, they were able to gather enough Verpa for a meal.

We were visited by a rufous hummingbird, and a bald eagle, and were entertained during the afternoon, by a water ouzel.

The Schallers were hosts, and kept the fire and the coffee hot. Of the three dozen people who came to Squire Creek, one third stayed for potluck. Some interesting dinner conversation included anecdotes by Dr. Blackman, who has treated some interesting mushroom poisoning cases.

Wait 'till next year! The Verpa will be out in their usual force again.

## THUNDERBIRD PARK FIELD TRIP REPORT

Jack Orth

With weather like we had on April 21st, 1979 at Thunderbird Park, we couldn't help but have a good outing -- even without mushrooms. However, Gyromitra esculenta seemed to be in plentiful supply, and everyone found at least a few. Morels were conspicuous by their absence (about half a dozen were found) and a few Verpa bohemica were brought in. There were 18 varieties identified by Howard Melsen. There also was a "stranger" which had unusual microscopic features (Dick Sieger had brought his microscope) which no one could pin down.

About 40 members showed up, and 30 plus stayed for an absolutely delicious potluck dinner. (By the way, what happened to the new members -- don't think there was more than one new face in the group.)

Once again PSMS extends thanks to Paul & Hazel Rule for inviting us to Thunderbird Park. Additional hosts were Winston & Laurel Hufford. Paul Rule sponsored innumerable guided trips to hunting spots. Thank you.

## BITS AND PIECES

CONVALESCING after recent surgery is Pauline Pollard. And this on top of a serious case of pneumonia at Christmas time which also put her in the hospital. This is enough time in the hospital, Pauline, get well, and join us at our PSMS functions!

A big clump of large specimens of LYOPHYLLUM MULTICEPS was found by Virginia Kessner and brought in to the April membership meeting. The clump filled over half of a big box.

WATCH for the book sales at the May membership meeting. Helen Wasson has ordered some interesting bumper stickers which should have arrived by that time. Also new books are on order (see board news in this issue).



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c/o The Pacific Science Center, 200 - 2nd Avenue No.  
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Hildegard Hendrickson, 2559 NE 96th, Seattle, 98115.

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McKnight(486-2118); Agnes Sieger (362-6860)

ALTERNATES Stan March (885-0375); John Lockwood  
(522-4640); Rudy Karzmar (632-7321).

SCIENTIFIC ADVISER Dr. Daniel E. Stuntz

## Calendar

May 14 Monday, Membership Meeting, 8:00 pm

→ Note: The membership meeting again will be held  
in the basement of the Sacred Heart School. Park  
in your usual parking place and enter from John  
Street.

May 19 & 20 Field Trip to Crystal Springs Forest Camp

May 21 Monday, Board Meeting, 8:00 pm

May 25 Deadline for Spore Print material. Send all articles  
art work, photos, etc., to the Editor  
2559 NE 96th, Seattle, WA 98115

May 26, 27 & 28 Fieldtrip to Clear Lake Forest Camp

June 2 & 3 Fieldtrip to Tumwater Forest Camp

June 11 Monday, Membership Meeting, 8:00 pm

THE 1979 MEMBERSHIP ROSTERS ARE READY Grace Jones

We will follow the practice adopted the last couple of years  
and distribute the membership rosters at the May and June  
membership meetings. So please come and get yours. Those  
rosters not picked up by June, will be put in the mail.

Please report all address changes immediately to our new mem-  
bership chairman, Grace Jones, phone 772-5024, so our rec-  
ords are kept up to date. Every returned envelope means ad-  
ditional work and postage.

## Membership Meeting

Monday, May 14, 1979, 8:00 pm in the Meeting Room in the  
basement of the Sacred Heart School, located across the  
street from the Pacific Science Center. Enter from John Street.

Program: Susan Libonati-Barnes, a doctoral candidate in my-  
cology at the University of Washington, will hold a slide-  
illustrated lecture on the Mushrooms of Panama. Susan re-  
cently spent an academic quarter on a fellowship in Panama.

In addition, Margaret Dilly, Chairman of the Morel Study  
Committee, will give us a progress report on the ongoing  
Morel Study. (I have been told that in the last few months,  
since the data has been punched on cards and ran through  
the computer, that a great deal of additional information has  
been obtained).

### BOARD NEWS

H.R.H.

Earl Harrison, Treasurer, presented the annual financial re-  
port to the Board and stated that our Society was in good  
financial condition. The report is presented to our members  
in another section of this issue of Spore Prints.

PSMS continues to get requests from other Societies asking us  
to allow them to quote from Spore Prints. We gladly grant  
these requests, since we enjoy reciprocity. On and off other  
Societies also ask us to allow them to publish our field trip  
schedule. As a general rule, the Board denies this, but the  
Board will act on individual requests for specific field trips.

In other correspondence, Judy Roger wrote that she has dis-  
covered a superior location for a future fall field trip in  
Camp Bethel, which could even provide overnight accommo-  
dations in cabins. More later if a field trip is scheduled for  
that location.

PSMS received a complimentary copy of The Mushroom Trail  
Guide by Phyllis Glick for our library. Jennie Schmitt pro-  
mised to review the book for Spore Prints. Helen Wasson has  
ordered some copies for our members.

PSMS has recently subscribed to *Mycologia*, the official  
journal of the Mycological Society of America, and the  
first copy has arrived and has been placed in our library.

Grace Jones, membership chairman, reported that the 1979  
membership rosters are ready and will be distributed at the  
May and June membership meetings. The undistributed cop-  
ies will be mailed out in June.

The Board approved the purchase from Pauline Pollard of a  
complete set of slides of all the mushrooms cited in the  
second edition of *The Savory Wild Mushroom*. Pauline is do-  
nating the accompanying tape of the correct Latin pronoun-  
ciation of the mushroom names. The Board voted to keep  
the set as a unit and make it available (on a check out basis)  
for members who give presentations to clubs, etc. (Many of  
us old-timers remember how much the above project pleased  
Bill Pollard).

MUSHROOM PIE from the New Jersey Mycol. Assn.

3 Tbsps butter; 2 small onions chopped; 2/3 cup dried bread  
crumbs; 1-1/2 cups light cream; 1 lb. fresh mushrooms chop-  
ped; 2 eggs, beaten; 2 tsp. salt; 1/4 tsp. pepper.

Preheat oven to 350 degrees. Brown onions in butter; add re-  
maining ingredients and toss lightly to combine. Turn into a  
10" pie plate (greased); bake about one hour. Serves 6.  
If you prefer, saute the mushrooms first or add mushroom pow-  
der for more flavor.

We can include April and June as being equally good if we begin our search at low altitude and follow the progress of the awakening spring to higher elevations.

There is an old saying, "Look for morels when the cottonwood leaves get as large as a squirrel's ear." It has been our observation that this might be a little early. We have found that when the cottonwood leaves are fully opened, we have better luck. The morels are considered by Mycophagists to be one of the very choice species of edible mushrooms. They are much sought, both here and in Europe.

The botanical genus is *Morchella*, and there are at least six classified species. The several species are quite difficult for the average mushroom hunter to separate, however; the color will vary from light buff through the tans to almost black, and the shape from long and narrow to short and fat to conical or maybe round as a ball. The caps are deeply pitted, and the shape of the pits or indentations will vary with species.

All of the *Morchellas* are edible and tasty. They occur in open ground in conifer areas and in mixed woods, often in unbelievable number in the spring following fires that have burned over areas of forest the preceding summer.



MORCHELLA ANGUSTICEPS

Morels may be used in all your favorite dishes, much the same as the kind you buy in the supermarket. Many people like them best just sauteed in butter, so as not to lose the delicate flavor of the mushrooms. If they are added to strongly flavored dishes, such as spaghetti, they become just so much bulk.

Morels dry easily. A large needle and strong thread will produce garlands to hang in the warm breeze. After they are dry store them in jars in a dry place. To use the dried ones, reconstitute them in warm water until they soften, then use them as you would fresh ones.

#### BOOKS

We have learned that a new and exhaustive mushroom book titled *Lactarius* will be issued in June or July by the University of Michigan Press (Ann Arbor, Michigan, 48109). Only 600 copies are being issued initially and at \$25 it is regarded as a good buy. The volume contains 650 pages, including 153 halftones, many plates and figures of spore cystidia. The unusually low price for this type of book was made possible by a foundation subsidy to the printer. The book may

be ordered for \$25 (which includes mailing) from the above address.

The *Encyclopedia of Mushrooms* by Colin Dickinson & John Lucas has just been published by G. P. Putnam, Publishers. Price is \$25. As of this writing I have not seen the book or read a review.

The *Mushroom Trailguide* by Phyllis J. Glick, published by Holt, Rinehart & Winston. Paperback list \$5.95 and hardcover \$9.95. Helen Wasson has ordered this book for our members.

**New Catalog:** J. Cramer, Germany's most prolific publisher of mycological texts, has just published a new, small catalog covering the books printed or reprinted from 1956 through 1979. The mailing address is In den Springböcken 2, D-3300 Braunschweig - MA, West Germany. The prices are quoted in DM. And when ordering, you have to get the current exchange rate.

#### WON TON MEAT FILLING

June Lavin

(This is the recipe for the delicious dish June has brought to several potlucks, and we are printing it by popular request).

Mix together thoroughly and refrigerate at least 30 minutes (overnight is better):

1 lb. raw pork, chopped fine (don't use seasoned sausage)  
 1/4 lb. raw, peeled shrimp, chopped fine  
 10 water chestnuts (canned) mashed and minced (I use more)  
 1 large green onion, chopped very fine  
 3 sprigs Chinese parsley, chopped fine (I use more)  
 1/2 cup finely chopped nappa (make Kim-Chee with the rest)  
 1 well-beaten egg  
 1 t. salt; 1 t. sugar; 2 t. sesame oil; 2 t. soy sauce;  
 1 t. oyster sauce; 2 t. cornstarch (or more so mixture is firm)  
 Wrap in noodle, fry in a little oil until brown on one side.  
 Add a little water and steam for 20 minutes.  
 For freezer: steam 45 minutes; cool and pack. To serve, place in pan (one layer is best) add 1/3 cup water for each 8 Won Ton, cook over moderate heat until water is absorbed.

In the above recipe you may substitute:

1 c. chopped lettuce or bean sprouts for 1/2 c. nappa  
 scallops or crab for shrimp  
 part or all beef for pork.

#### MUSHROOMS FOR HEART HEALTH

(The Tacoma Mushroom Society's bulletin reported the following article, which was taken from the November issue of "Organic Gardening" p.54)

Can mushrooms help prevent heart disease? According to preliminary research at the University of Michigan School of Public Health and in Japan, they show beneficial effects in lowering high cholesterol levels, a major factor in cardiovascular ills. Dr. Kenneth Cochran, professor of epidemiology, is concentrating a two-year study on American mushrooms, and plans to compare his findings with work on the Japanese forest mushrooms, from which investigators have isolated a compound that lowers cholesterol in the blood. Dr. Cochran has also found evidence that wild and cultivated mushrooms can prevent or reduce polio and influenza virus in animals.

Meanwhile, mushrooms are even squeezed into sausages.

continued on page four

## MUSHROOMS FOR HEART HEALTH (cont'd from page three)

After surviving a heart attack himself, the owner of a sausage factory in Finland agreed to replace 20% of the fat in his sausages with mushrooms. His move came as part of a special community project in North Karelia, Finland, where men had been dying of heart disease faster than everywhere else on earth. In five years of the campaign that stresses diet modification along with programs aimed at smoking and high blood pressure, heart attacks have dropped by 20 percent, strokes by 30 percent.

## THE SILICA GEL METHOD FOR DRYING MUSHROOMS

by Florence V. Hosney, Univ. Herbarium, The U. of Mich.

Mushrooms and other fleshy fungi to be prepared as herbarium specimens are ordinarily put in a hot-air drier. This method has certain disadvantages. Small, delicate fungi usually shrivel completely out of their recognizable shape. Other fungi such as the boletes sometimes have insect larvae in them which live on the fungous tissue and destroy it before the specimen is dry or the insect larvae are destroyed by the heat. The method proposed here, based on the use of silica gel, eliminates these disadvantages almost completely and presents a few advantages in turn.

To dry the mushroom specimens by this method, simply put them in a large-mouth container on a layer of silica gel crystals. Pour more crystals around and over them. Avoid crowding the specimens. In this way they can dry quickly, usually overnight. Plastic freezer containers with air-tight lids are satisfactory for small specimens. When removing the specimens, pour off the crystals slowly and carefully. Shake or brush out all adhering particles of silica gel.

Fragile mushrooms dried in this way keep their shape well because they are buried in the crystals. Insect damage is no longer a problem because heat, which stimulates larval activity is not needed and most insects are immediately dehydrated. On field trips, the more fragile specimens may be put directly into the crystals, thereby protecting them from breakage or deterioration, provided they are not jostled unduly. This is a particularly fine method for collecting the smaller species of *Coprinus* and obtaining good herbarium specimens. Silica gel is a chemically inactive crystalline compound which absorbs water rapidly, removing it from the atmosphere or any moist object in close proximity. It can be obtained from chemical supply dealers. The crystals are made in several sizes. The smallest, 28-200 mesh, is recommended for most mushrooms. Removing these fine particles from the dried mushrooms however, does take time and care. A larger size, 14-20 mesh, is satisfactory, but the crystals tend to become lodged between the gills. Sticky fungi, or those without gills should be dried with the larger crystals.

Silica gel is white and does not change in appearance as water is absorbed. It should be mixed with indicator crystals which are blue but turn pink when saturated with water. A good ratio is five parts of the white silica gel to one part of the blue crystals. When the blue to pink color change has occurred, the crystals can be dried by spreading them out in a wide shallow pan and placing them in an oven at 250°F for 30 minutes, or until the indicating crystals are bright blue again. The temperature should not be allowed to exceed 300°F. This silica gel can be used over and over, indefinitely. It should always be kept in air-tight containers, while in use or in storage, to avoid absorption of water from the air.

Silica gel is used commercially for keeping packaged foods

## PUGET SOUND MYCOLOGICAL SOCIETY RESULTS OF OPERATIONS YEARS ENDED DECEMBER 31, 1978, 1977 and 1976

	1978	1977	1976
<b>Membership</b>			
Dues	\$5,814.30	\$3,656.00	\$4,699.00
Less - Membership expenses	( 645.76)	( 529.67)	( 742.36)
- Bulletin costs	(2,005.77)	(2,178.01)	(1,651.89)
- Field trips	( 178.58)	( 314.75)	( 147.06)
- General expense	( 652.45)	( 796.06)	( 722.90)
Net	2,331.74	( 252.49)	1,434.79
<b>Banquet</b>			
Receipts	\$1,062.00	\$1,843.75	\$1,558.50
Less - Expense	(1,320.10)	(2,059.31)	(2,173.56)
Net	( 258.10)	( 215.56)	( 615.06)
<b>Exhibit, Classes</b>			
Book sales	\$5,366.79	\$5,084.21	\$3,763.05
Income - Exhibit, classes	4,297.52	3,652.19	3,961.25
- Cost of books sold	(3,661.68)	(3,329.53)	(3,189.43)
Less - General exhibit expenses	(1,796.11)	(2,002.41)	(1,883.23)
- Donations - Science Center	(,473.73)	(1,600.00)	(1,600.00)
- Depreciation	( 117.78)	( 110.65)	( 175.42)
Net	615.01	1,693.81	376.22
Royalties	1,023.00	392.37	378.34
Interest	568.92	900.22	251.43
Net gain for year	\$4,280.57	\$2,518.35	\$2,325.72

## STATEMENT OF FINANCIAL POSITION

	1978	1977	1976
<b>ASSETS</b>			
Cash - Checking	\$13,467.81	\$ 2,100.84	\$ 7,875.95
- Savings	7,049.51	13,946.49	8,808.80
- Restricted (note 1)	1,193.50	732.60	2,000.00
Total Cash	21,710.82	16,779.93	18,684.75
Book Inventory	4,941.79	5,675.05	1,058.10
Equipment, net of depreciation	482.61	431.59	542.24
Mycolological library	449.73	449.73	449.73
Total Assets	\$27,596.15	\$23,336.30	\$20,734.82
<b>LIABILITIES</b>			
State sales tax due	\$ 251.87	\$ 272.59	\$ 189.46
Equity - January 1	23,063.71	20,545.36	18,219.64
Gain for year	4,280.57	2,518.35	2,325.72
Total equity	27,344.28	23,063.71	20,545.36
Total Liabilities and Equity	\$27,596.15	\$23,336.30	\$20,734.82

Note 1: Account established for "set aside" funds for educational or scientific purposes.

such as potato chips dry and crisp. It is used also for drying flowers for winter bouquets. Flowers dried in this way retain most of their color. Persons who wish to dry some of the more beautiful mushrooms for flower arrangements will especially welcome this technique.

Many kinds of mushrooms have been dried in the course of experimenting with this method. Some very fragile ones dried beautifully overnight. The more fibrous and larger mushrooms such as *Agaricus*, *Boletus*, *Morchella*, and *Agrocybe* maintain their original shapes better when dried whole, but may take a few hours longer.

The amateur botanist or mycologist can benefit by using silica gel because he/she may easily preserve the mushrooms to examine at leisure. Specimens which he/she plans to send away for identification can be prepared very efficiently. Dr. Alexander H. Smith affirms that tissues of fungi dried in this manner revive in the usual way when sectioned for laboratory study.

The silica gel method is simple, odorless, quick, and without litter or fire hazard.

## RECOMMENDATIONS SOUGHT Monte Hendrickson

Several people have recommended that more members should carry whistles when they go collecting in a group so that they can communicate with each other. Also with more and more members operating C.B. radios it was recommended that our members get together on a designated channel during field trips. Which one? Call Monte Hendrickson (523-2892) and make suggestions. From our own experience we can report that the use of hand-carried C.B.s has been a great help in locating each other, reporting good finds, or none, etc. But if we don't get together we cannot enjoy the benefits of these modern means of communication!