

SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY
2559 NE 96th, Seattle, Washington, 98115

May 1982

Number 182

MAY 5 1982



FIELD TRIPS

Charles Volz

Setting the dates for field trips in the spring is like forecasting the weather. As you can see from the places we will go, the ski season is still going on at the time Spore Prints had to go to the printer. Therefore, we alert you, to be sure to check the TRAVEL sections (#825 in the Seattle Times and #740 in the Seattle Post Intelligencer) of the classified ads on Wednesdays through Saturdays prior to the date of the scheduled field trip to see if we had to cancel it, because advance scouting indicated that the mushrooms are not fruiting according to our schedules.

NEEDED: HOSTS FOR THE COMING FIELD TRIPS. Every PSMS member who has enjoyed participating in a field trip should feel obligated to volunteer to host (at least for half a day) on a field trip. As mentioned many times before, the hosts' duties only involve greeting our members as they arrive, keeping the coffee pot and fire going. The identification of mushrooms is done by one of our experts, not the hosts.

May 15 Saturday only. Possible mushroom walk for the Beginners' Class members. If the weather improves, the destination of this one-day mushroom walk will be announced during the Beginners' Class on Monday, May 10th. Led by Monte Hendrickson

May 22 & 23 Crystal Springs Forest Camp.
Travel east on Interstate 90 over Snoqualmie Pass. Nine miles past the summit, take exit #62 - Stampede Pass Exit. Turn right at the stop sign, and watch for the camp sign. If you cross the bridge, you have gone too far. There will be a potluck on Saturday evening. This is a joint outing with the Kitsap Peninsula Mycological Society.

May 29, 30 & 31 Tumwater Forest Camp.
The camp is nine miles northwest of Leavenworth. Travel east on Highway #2 over Stevens Pass. About 23 miles past the summit, turn left into the Tumwater Camp.

June 5 & 6 if there will be a field trip on this weekend, the destination will be announced at the May Membership Meeting.

PSMS BOOK SALES

Judi and Ernie Boa are the new book sale chairmen of our Society. Judi, using her previous background in detective work, located a new, local supplier for mycological titles. As a direct result, she has been able to obtain some new titles which had not been available directly from the publishers. Another benefit to PSMS will be some reduction in shipping costs. Also, Judi and our Treasurer reviewed our inventory and made some price changes, up and down. Therefore, you might look over what's for sale and grab the bargains.

New additions are Miller's Mushrooms in Color (especially helpful for beginners); The Audubon Society Field Guide to

North American Mushrooms (which has many color photos) and the keys and glossary prepared by Kit Scates which were used at the Spring Workshop.

Ernie and Judi will be at the May membership meeting. Now that the new spring season (hopefully for sure) is upon us, you may want to add a new guide in order to make your identification easier.

PHOTOGRAPHY CLASS FOR BEGINNERS CONTINUED

We want to thank Joy Spurr for an excellent presentation on how to take care of your (expensive) photographic equipment and some tips on lighting. From the many questions after the presentation we can see that we all have a lot to learn about getting "good" results when photographing mushrooms, etc.

On Monday, May 10th, at 6:45 pm Joy will continue with additional comments and tips on composition, backgrounds, etc. We highly recommend this lecture to our beginners so that they will be successful and proud of their pictures. Photography is an ideal and wonderful hobby to combine with your mushrooming and other outdoor activities.

PHOTO TIP #4

Joy Spurr

The most often asked question after my mushroom slide show at the annual exhibit is: "What kind of film do you use?" I use Kodachrome 64 daylight color film in my 35 mm cameras almost entirely. It gives the most accurate color rendition, in both natural light and electronic flash, in both, natural light and electronic flash, in close-ups of nature subjects, such as mushrooms and wildflowers where correct color saturation is critical. It is a very fine grain film from which excellent color prints can be made in sizes up to 30 or 40 inches, equal in quality to prints made from larger format films. The film speed of ASA 64 allows for good depth of field on the subject even in low light conditions.

At times I use a higher speed film to photograph birds and mammals when I work with telephoto lenses 200 mm to 600 mm under low light conditions and have to shoot at speeds of 250 or more to get sharp-focused pictures of such quick-moving subjects. The low speed Kodachrome 25 film is excellent for scenery shots because it gives good saturation of greens, but when I used it to photograph white puffballs, the white showed a slight green tinge. I do not have this problem with K64.

There are many good films on the market for various formats of cameras. The choice remains with the photographer to use the film that produces the results he desires.

MUSHROOM IDENTIFICATION IN FRANCE

Did you know that for generations mycology has been a required study for pharmacists in France. That's why France has abounded in persons trained in mushroom identification to whom the public could turn for consultation. And many pharmacists in France have maintained a lifelong interest in the subject and have been active in local clubs.



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OFFICERS Milton Grout, President, 1984 (1)
John Kunz, Vice-President, 1983 (1)
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- Term expires March 1984: Kearney Kozai (1); Marian Maxwell (1); Richard Pauli (1); Don Schultz (2); Charles Volz (1).

ALTERNATES: Ernie Boa; Judi Boa; Charlotte Turner-Zila.

IMMEDIATE PAST PRESIDENT: Carl Hermanson
SCIENTIFIC ADVISOR: Dr. Daniel E. Stuntz

Calendar

- May 10 Monday. 6:45 Photography Class for beginners
Monday, 8:00 pm Membership Meeting
- May 15 Saturday only. Possible mushroom walk.
Destination to be announced at Beginners' Class
on Monday, May 15th. Led by Monte Hendrickson
- May 22 & 23 Field Trip to Crystal Springs Forest Camp
- May 24 Monday, Board Meeting, 7:30 pm Monroe Center
- May 29 to 31 Field Trip to Tumwater Forest Camp
- May 28 Deadline for Spore Prints Material. Send to the
Editor, 2559 NE 96th, Seattle, WA 98115.
- June 5 & 6 if there will be a field trip on this week end, the
destination will be announced at the May Mem-
bership Meeting.
- June 14 Monday. Membership Meeting, 8:00 pm

MEMBERSHIP ROSTERS WILL BE AVAILABLE

The 1982 PSMS Membership Rosters will be available at the
May membership meeting and also at the coming field trips.
Please make an effort to pick up yours. With the new postal
rates it costs more to mail the roster than to have it printed!

Any errors and omissions in the Roster should be reported to
Aino Kunz (362-7402) so our records will be up to date.

Membership Meeting

Monday, May 10, 1982, 8:00 pm in the auditorium of the
MONROE CENTER, 1810 N.W. 65th Street, Seattle.

Program: A real treat awaits us, as Dr. Daniel E. Stuntz,
our scientific adviser is preparing a talk on a genus we have
not heard about in a long time. At press time, Dr. Stuntz
had not made up his mind for sure, so we will wait in antici-
pation. For our new members, I want to add, that any of
Dr. Stuntz' lectures are pearls which we don't forget for a
long time.

BOARD NEWS

H.R.H.

After acceptance of the previous month's minutes, the Board heard committee reports. Charlotte Turner-Zila has accepted the chairmanship for next year's survivors banquet. Any banquet suggestions should be directed to her. Ernie and Judi Boa have taken on the book sales. More in another part of this issue. Our past treasurer will have the financial report ready for publication next month. There is a lot of work for the education committee. PSMS Educational Pamphlet, the Poison Pamphlet and the Masterlist of Pacific Northwest Fungi need updating. Susan Libonati-Barnes was a guest at the Board meeting and reported that she has presented an educational program in a private school stressing the danger of collecting wild fungi for eating when the collector is not knowledgeable in identification of the mushrooms. Susan said that she stressed the poisonous aspect of many fungi. PSMS is interested in putting together such a program, especially after the death of a 16 year old girl in Spokane who ate poisonous *Galerina* sp. The Board felt such a program should be live, not taped, since someone ought to be in the classroom answering questions.

Charles Volz listed the coming field trips and also indicated that hosts for all of them are still needed.

1982 MUSHROOM CALENDAR

At press time we have been informed about the following mushroom forays:

NAMA Morel Foray, May 14-17, 1982, Michigan
Telluride Mushroom Conference, Aug. 5-8, 1982, Colorado
Rocky Mountain Mushroom Conference, Aug. 15-17, 1982
Snowmass, Colorado.

Teton Science School five day course on field identification of mushrooms, Aug. 17-21, 1982, Kelly, Wyoming, will be taught by PSMS member, Dr. Fred Van DeBogart.

NAMA 1982 Foray, Aug. 19-22, 1982, East Stroudsburg, PA
Baltic Foray, Aug. 26-Sept. 10, 1982 led by Dr. Donald H. Pfister, will visit Finland, Estonia, Latvia, Lithuania and a few days in Leningrad.

Mycological Society of America's 47th Annual Meeting will be held Aug. 7-12, 1982 at Pennsylvania State University.

BOOKS

It was reported in *Mycophile* (NAMA) that a Mycological Dictionary by Karl Berger has been published by Gustav Fischer Verlag, Stuttgart & New York (1980). The price from Germany is reported to be \$33.64. There is an English preface. The following languages are included: German, English, French, Latin, Polish, Czech, and Russian. The book may be outlined as follows: 1. Preface in 8 languages 22 pages.
2. Dictionary with 8 columns, each numbered at the left margin and the corresponding term in each of the languages,

pages 24 - 289. 3. Illustrated glossary with numbers, pp. 290 - 302. 4. References, pages 303 - 305. 5. English index, pages 306 - 328. Index of other languages pp.329 - 432.

It is reported to be extremely useful in translating technical papers. It may be purchased from: Koeltz Scientific Books, D - 6240 Koenigstein, P. O. Box 1360, West Germany, as item #76 from List 238 (1981) for DM 50 plus mailing costs.

ROCKPORT FIELD TRIP REPORT

H.R.H.

Since the weather had been beautiful the two weeks prior to the field trip, we all started out full of anticipation. However, as we drove north, we faced heavy rainshowers and once even hail. This did not give us a lot of confidence. But during the day, the weather cleared, and hunting in lower elevations produced at least a hand full of Verpa bohemica for the many newcomers who came to the field trip. Also, they learned the Verpa environment, since the area is full of cottonwood trees. Jennie Schmidt identified some 20 species brought in.

A nice addition in the shelter of the beautiful Steelhead Park is the fireplace, which was bought by the ranger, Bob Bangert with his own money. PSMS members took up a collection and gave a donation to Bob, who came to see if everything was o.k., even though Saturday was his day off. Bob also provided us with all the wood we needed to keep the fireplace going all day. Some of our members also had brought wood, so we were cozy on this chilly day.

52 members and guests signed the register, and 30 participated in the delicious potluck dinner.

BOOK REPORT

Jennie Schmitt

Mushrooms and Other Fungi of Great Britain & Europe by Roger Phillips. Publisher: Pan Books Ltd., Cavaye Place, London SW10 9PG, England, 1981, ISBN 0-330-26441-9; Comes in hardback and paperback, 8 1/2 x 11 1/2 inches, 288 pages, 914 color plates.

This book is organized like many other standard books, i.e. introduction, visual index, glossary, bibliography, and a standard index. The 914 species descriptions are on the same pages as the photographs. The specimens are photographed on a plain pastel background with all identifying characteristics accented. Common names are stated where known, but remember, the book was written and published in England, and their common names could be very different from the ones in our area.

The author's statement on page six says, "The 914 species illustrated represent every fungus I, and all the mycologists who helped me, have been able to find and identify over the last five years, excepting only those too old, damaged or incomplete to include." The author therefore, has put in five years of collecting, and then included all, since he knows we mushroomers want all the quality color plates of fungi we can get our hands on.

The descriptions of the genera are good. The species are well covered. There are a lot of species described which I have never heard of or seen, but all of the familiar species we find here in the Pacific Northwest are covered. It is a beautiful book, and if you are familiar with Collins Guide to Mushrooms & Toadstools, by Morten Lange & F. Bayard Hora (which again is out of print. Note PSMS has about 5 copies left for sale), you will agree with me that it will easily replace that book. I was lucky to receive a copy of the Phil-

lips book as a gift, since I hear that the first shipment of 100 copies to the USA was sold out in three days. The U.S. distributors are still waiting for the slow boat to bring additional copies. I recommend this book for everyone's library.

The Phillips book will be available through PSMS book sales when the next shipment arrives. In the meantime you may try either Lubrecht & Cramer, RFD #1, Box 227, Monticello N.Y. 12701, or George Coffin, 257 Trapelo Road, Waltham Mass., 02154.

OF THIS AND THAT

H.R.H.

We wish a speedy recovery to Helen Wasson. On the evening of the Board meeting Helen had already been in the hospital for 11 days with both legs in a cast. A home accident has brought a lot of suffering to her.

PSMS will not formally participate in the Mushroom Exhibit at the Puyallup Fair. However, anyone wanting to continue their pleasant experiences of past years, can contact Ruby Miller, 6801 - 82nd St. S.W., Tacoma, 98499; phone: 582-1985 and make arrangements to staff the booth during the week of September 19th - 25th. Ruby is the chairman of this event staged by the Tacoma Mushroom Society.

Errata Sheets, as well as an index to genera have been received from Gary Lincoff for the Simon & Schuster Guide to Mushrooms. Lincoff also said in his letter that overlays with the scientific names of the fungi are being prepared for the Audubon Society Field Guide to North American Mushrooms.

In the 1982 PSMS Roster please add 243 - 0644 for the phone number for Sally Ann Hansen, and 98105 as the zip code for Jeanine M. Keefe. Any errors in the Roster should be reported to our membership chairman, Aino Kunz, 362 - 7402.

The Mycological Society of San Francisco is rewriting its cookbook, Kitchen Magic with Mushrooms, published in 1962. They are inviting members of other societies to contribute recipes. All accepted entries will be credited to the contributor and his/her society. Entry forms are available at the May membership meeting and from your editor.

Last July a Seattle newspaper printed that story of the family cat getting sick after eating wild mushrooms, and since the family had eaten some mushrooms too, everybody rushed to the hospital to have the stomach pumped. After returning it was discovered that there was an addition to the cat family.

Bob Ramsey reports from Tacoma of an actual cat poisoning. The cat had eaten a specimen from the genus *Inocybe* and had become very ill. Space prohibits us from printing the detailed report, but it is on file at PSMS. The poison in the genus *Inocybe* belongs to the muscarine group.

PAMPHLETS

Michigan State University has pamphlets on mushrooms available. They are 3-1/2 x 8-1/2 inches and contain color pictures.

E-614	May is Morel Month in Michigan, 22p.	25¢
E-924	Mushrooms Grow on Stumps, 32p.	75¢
E-925	Wood Waste Makes Wonderful Mushrooms, 21p.	60¢
E-1080	Don't Pick Poison, 49p.	75¢
E-926	Best of the Boletes, 22p.	60¢
E-1271	Mushrooms From the Forest Floor, 22p.	50¢
E-1272	Collecting Grassland Mushrooms for Food, 21p.	50¢

Mail your order (including payment) to Michigan State Univ. Bulletin Office, P. O. Box 231, East Lansing, Mich. 48824

ULTIMATE HEALTH FOOD?

The following press release was issued by the Lentinus Corporation, a commercial mushroom farm in Pennsylvania.

In their ancient herbal medicine, the Chinese utilized certain mushrooms, especially the Shiitake (Lentinus edodes) to help cure colds and ailments of the liver, the Reishi (Ganoderma applanatum or G. lucidum) to prevent aging and insure a long life, the Wood Ear or Black Tree Fungus (Auricularia auricula) to help cure and prevent heart problems.

Fact or fantasy?

Recent scientific investigation shows that perhaps the herbal medicine practitioners of ancient China did have something.

It has only been in the past few years that these mushrooms have been cultivated under controlled conditions. The Shiitake is now the second most popular mushroom in the world after the common white mushroom seen in all grocery stores. The Reishi has just been cultivated and the Wood Ear only in the past 10 years.

Adequate supplies have therefore been available for extensive research. At the recent meeting of the International Congress on the Science and Cultivation of Edible Fungi, Drs. Mori and Takehara of Japan reported that an extract of the Shiitake was effective against certain influenza viruses in mice, and further that cancerous mice survived significantly longer when tested with the same extract. This appears to be the same results that have been noted in various research papers published in both Europe and Japan over the past ten years. Further research into these areas is beginning here in the United States.

Further, Dr. Kisaku Mori in his book "Mushrooms as Health Food" references the Shiitake's ability to lower cholesterol in the blood stream in both animals and humans. The human tests conducted at the Japanese National Institute of Nutrition showed that an amino acid found in the Shiitake appeared to be vital in dropping cholesterol levels between 6 and 15 percent in groups of young women and elderly people. The Shiitake also contains the following vitamins: B1, B2; B6; B12, and D2, as well as a high concentration of protein, carbohydrates and various minerals.

For some years the Japanese have pulverized Shiitake and used the powder as a diet and health food supplement. A product known as Shi - Gen M has recently been introduced into the United States by the Lentinus Corporation. The product is now produced in the United States.

The Reishi, perhaps the most revered of all the oriental mushrooms, has just been grown for the first time in the United States. Research is just beginning as to its potential.

The Wood Ear may be one reason why people in China have far less heart disease than Americans. This was a conclusion reached by Dr. Dale E. Hammerschmidt of the University of Minnesota Medical School. How it works is a mystery, but the flat, dark "tree ears" somehow slow the natural tendency of blood platelets to clump. Dr. Hammerschmidt described his search to track down the cause in a recent issue of the New England Journal of Medicine. He writes, "It is interesting to speculate that chronic consumption of the tree ears, often with scallions and garlic, may contribute to their observed low incidence of arteriosclerotic disease."

Mushrooms: The Ultimate Health Food? Perhaps so! (The above article appeared in the January 1982 issue of the New Jersey Mycological Association's bulletin.)

TIMES HAVE CHANGED

Margaret Holzbauer

The following recipe is from the 1899 edition of the White House Cook Book. We however, do not recommend the mentioned test for poisonous mushrooms. The recipe is printed for your amusement only.

Mushroom Sauce: Wash a pint of small button mushrooms, remove the stems and outside skins, stew them slowly in veal gravy or milk or cream, adding an onion, and seasoning with pepper, salt and a little butter rolled in flour. Their flavor will be heightened by salting a few the night before, to extract the juice. In dressing mushrooms, only those of a dull pearl color on the outside and the under part tinged with pale pink should be selected. If there is a poisonous one among them, the onion in the sauce will turn black. In such a case throw out the whole mess.

As stated above, PSMS recommends the identification of all mushrooms (planned for eating) beyond any doubt, and does not endorse this ancient Russian roulette.

MORE ON TRUFFLES

After our excellent presentation on the cultivation of truffles by Francois Picart last month, I received two publications, Science, and Smithsonian, both April 1982, with articles on truffles. The Science article states that pigs have been known to detect truffles buried as deeply as 3 feet below the ground by scent alone. And since pigs are rather fast in devouring this delicacy, as Mr. Picart told us, many truffle hunters have turned to dogs, simply because they are easier to control. Why are pigs so good at detecting truffles? It has been found that a steroidal sex attractant for boars is also found in truffles. As a matter of fact, truffles contain twice the concentration of this sex attractant as is found in the plasma of boars.

The article in the Smithsonian said that in addition to truffles, (the black diamonds of gastronomy) there are two more very expensive foods: caviar (platinum in a can) and saffron (the spice with the price of gold). A pound of each would set you back more than \$2,000 - but they are fun to read and hear about. The reason saffron is so expensive is that somebody has to pick the crocus blossoms from which it comes, one flower at a time, then separate out the threads, three to a blossom, and dry them for the market. Also it takes more than 75,000 blossoms to make a pound of saffron, whether the picking is done in Kashmir or in Spain.

THE FRENCH DOCTOR IS ALIVE AND WELL

In January we reported that a French family doctor used himself as a guinea pig to test the effectiveness of his purported cure for Amanita phalloides poisoning. We had several calls asking the outcome of the experiment. The Mycol. Society of Toronto reports of having received a letter from Dr. Bastien telling them that it has taken 10 years for his treatment of deadly Amanita poisoning to be recognized. His treatment consists of a combination of three medications, Vitamin C, antibiotics and an intestinal disinfectant, begun within 24 hours of the beginning of the first symptoms and administered over a 3 day period. Experience has proven that if one of these three elements is omitted, the chances of success are greatly reduced.

THINK 1982 ANNUAL EXHIBIT

The dates for this year are Oct. 16 & 17. It is not too early to contact our chairman, Carl Hermanson, 723 - 5127, and volunteer your services for the many jobs that must be done.