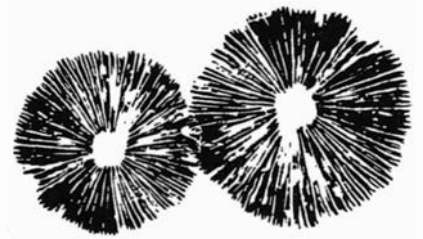


# SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY

Number 274

September 1991



## 1991 ANNUAL EXHIBIT

Lynn Phillips

Hurry! Hurry! Hurry! Come one! Come all! To the Greatest show IN Earth!

For the 28th consecutive year it's the Puget Sound Mycological Society's World-Renowned Wild Mushroom Show! Appearing in Seattle for a limited engagement, 2 (two) days only—Saturday, October 19, from noon to 8:00 p.m. and Sunday, October 20, from 10:00 a.m. to 6:00 p.m.

SEE—the most mushrooms on display in the Pacific Northwest!

FEEL AND SMELL—interesting oddities of the fungal world!

TASTE—wild and exotic mushrooms prepared by our own chefs!

LEARN—how to grow exotic mushrooms in your own home!

THRILL—to Joy Spurr's stupendous slide show!

MARVEL—at amazing mushrooms that glow in the dark!

ADMIRE—beautiful spring mushrooms frozen in time and space!

STUMP—the expert identifiers with your own backyard fungi.

Guided tours of trays of hundreds of species of wild mushrooms. Continuous demonstrations of cooking and cultivation techniques. Books, arts, crafts, and other mushroom memorabilia available. Interesting, educational, informative, and fun!

Too many mushrooms and much-too-much activity to fit under a single roof! We have expanded to 4 (four) buildings at Seattle's own Center for Urban Horticulture!

You, too, can be a part of this exciting event. Come to the September meeting to find out more about it and get posters to put up for display. We need all of you to lend a hand in many diverse areas from collecting mushrooms and erecting display spaces ahead of time to working on many committees during the show.



So block your calendars for Friday, October 18, to Sunday, October 20, and help provide the Puget Sound region with our best Exhibit ever! If you can't attend the September meeting, please contact one or more of the following committee heads directly to offer your help. Or call Bill Bridges or Lynn Phillips for more information or to obtain posters to hang.

## MYCOPHAGY

Patrice Benson

The first chanterelles are in the market place, so thoughts naturally turn to mycophagy (the art and science of eating mushrooms). Once again the call is going out to those who enjoy the hunt and the preparation of wild mushrooms for culinary purposes to sign up for this year's cooking and tasting section of our exhibit. We need those who enjoy preparation work as well as those who like to be creative at the stove. There's also plenty of room for those who like to collect and are willing to share their bounty for others to cook. We will need lots of mushrooms for cooking this year, judging from last year's response to our tasting area.

Another event in which PSMS will be involved will be the Northwest Conference of Food and Wine: The Wild, Wild Northwest, which will be held at Edmonds Community College on October 24th, 10:00 a.m. to 4:00 p.m. This conference will feature foraging foods, and will cover the subjects of sea-life, fungi, and botanicals. Experts in the various fields will be present to answer questions and do informal presentations. The subject material will be prepared and tasted as well. Cost is \$25 for the entire day's conference.

For information about the Northwest Food Conference and the PSMS annual exhibit, especially about helping with either, please phone Patrice at 722-0691. Sign-up sheets will be available at the September and October membership meetings as well. Your help is needed to make these events successful and enjoyable.

## 1991 Annual Exhibit Committees

|                           |                     |          |
|---------------------------|---------------------|----------|
| Exhibit Co-Chairs         | Bill Bridges        | 838-6378 |
|                           | Lynn Phillips       | 524-2950 |
| Arts & Crafts             | Elsie Burkman       | 282-6723 |
| Black Light Display       | Denny Bowman        | 525-8399 |
| Book Sales                | Elizabeth Hendricks | 284-2164 |
| Construction & Cleanup    | Bill Bridges        | 838-6378 |
| Cooking & Tasting         | Patrice Benson      | 722-0691 |
| Cultivation               | Walter Knox         | 789-8156 |
| Decorations               | Ingeborg McGuire    | 633-5778 |
| Feel & Smell              | Irwin Kleinman      | 323-2903 |
| Freeze Dry                | Dennis Krabbenhoft  | 874-2382 |
| Greeters                  | ---                 | ---      |
| Identification & ID Table | Brian Luther        | 522-1051 |
| Kitchen (Hospitality)     | Lori Knox           | 789-8156 |
| Labeling                  | Larry Baxter        | 652-8689 |
| Membership                | Bernice Velategul   | 232-0845 |
| Microscope                | Mike Gadau          | 788-9229 |
| Moss Collection           | Gilbert Austin      | 888-2606 |
| Mushroom Collecting       | Russ Kurtz          | 784-3382 |
| Mushroom Preservation     | Michelle Willis     | 782-3490 |
| Mushroom Receiving        | Liz Ashbrook        | 328-0152 |
| Other Uses of Fungi       | Carol Smith         | 784-7699 |
| Parking & Security        | Don Schultz         | 226-2217 |
| Poster Art & Design       | Pat Murasako        | 488-0568 |
| Poster Printing           | Teresa Malinowski   | 524-4161 |
| Publicity                 | Elizabeth Hendricks | 284-2164 |
| Slide Show                | Joy Spurr           | 392-6768 |
| Ticket Sales              | Harold Schnarre     | 778-0854 |
| Tray Arrangement          | Marian Maxwell      | 235-8557 |

# Spore Prints

is published monthly, September through June, by the  
**PUGET SOUND MYCOLOGICAL SOCIETY**  
Center for Urban Horticulture, Mail Stop GF-15,  
University of Washington, Seattle, Washington 98195  
(206) 522-6031

|                          |  |
|--------------------------|--|
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| TRUSTEES:                | Denis Benjamin, Patrice Benson<br>Bill Bridges, Irwin Kleinman,<br>Mary Lynch, Lynn Phillips,<br>Ron Post, Sal Mineo,<br>Beth Schnarre, Agnes Sieger |
| ALTERNATES:              |  |
| IMMED. PAST<br>PRESIDENT | Gilbert Austin   |
| SCI. ADVISOR:            | Dr. Joseph F. Ammirati   |
| EDITOR:                  | Agnes A. Sieger, 15555 14th N.E.,<br>Seattle, WA 98155   |

## CALENDAR

- Sep. 10 Membership meeting, 7:30 p.m., CUH
- Sep. 14 Crystal Springs field trip
- Sep. 15 Cultivation meeting, 1:00 p.m., Sal Mineo's house, 15125 N.E. 6th St., Bellevue
- Sep. 16 Board meeting, 7:30 p.m., CUH  
Intermediate classes, 7:00 p.m., CUH
- Sep. 20 *Spore Prints* deadline
- Sep. 21 Soda Springs field trip
- Sep. 23 Intermediate classes, 7:00 p.m., CUH
- Sep. 28 Dalles field trip
- Sep. 30 Intermediate classes, 7:00 p.m., CUH
- Oct. 19 Annual Exhibit, 12:00—8:00 p.m., CUH
- Oct. 20 Annual Exhibit, 10:00 a.m.—6:00 p.m., CUH

## BOARD NEWS

Agnes Sieger

The posters for the annual exhibit are ready to be passed out at the September meeting. Denis Benjamin suggested we buy two large, generic banners for the annual exhibits; Elizabeth Hendricks was appointed to look into it. Sal Mineo reports that the Cultivation Group is full of enthusiasm and is busy preparing cultures and media, with the hope of having freshly cultivated specimens for the exhibit. Denis Benjamin reports that intermediate classes begin September 16 and will be limited to 20 people. Beginners' classes will be held again next spring. The fall field trips are set, and the book inventory is preceding well. Ann Zimmerman will co-chair book sales at the exhibit. PSMS has new insurance, covering loss and liability on all functions of the society.

Larry and Darlene Baxter had a 7-lb 8-oz baby girl, Whitney Christina, on June 24, 1991.

## Membership Meeting

Tuesday, September 10, 1991, at 7:30 p.m., Center for Urban Horticulture, 3501 N.E. 41st Street, Seattle

Our September program will feature a "sneak preview" of the upcoming annual exhibit, with cooking and cultivation demonstrations and the unveiling of the new poster. There will be an opportunity to learn about the various committees and special-interest groups in the society and to sign up to help with all aspects of the exhibit. It will be an interesting, tasty, and fun-filled evening for new and old members alike.

Members with last names beginning A—D are asked to bring a plate of refreshments for the social hour.

## CLASSES

Denis Benjamin

**Intermediate classes** on mushroom identification will begin in the early fall. The registration will be limited to 20 people since this is a rather intensive, hands-on class with a lot of personal attention. Most of the work, however, will still be done by the individuals as they work through the keys. The class is intended for serious students who wish to expand their knowledge of the taxonomy of Northwest fungi. The focus of these classes will be on the macroscopic features of the major Basidiomycetes and Ascomycetes. At the end of the class, we anticipate that the student will be able to correctly identify at least 200 of the common mushrooms of the Pacific Northwest, will have a thorough understanding of the use of the binomial keys, and will assist in identification at Society functions such as field trips, monthly meetings, and the annual exhibit. Because space is so limited, we would hope that if you sign up you will be able to attend the majority of the sessions.

When: Monday evenings  
September 16,23,30  
October 7,14,21,28

Requirements: Completion  
of beginners' classes,  
*Mushrooms Demystified*

Time: 7:00-9:00 p.m.

Cost: \$20.00 plus selected  
PNW Key Council keys

Where: Center for Urban Horticulture, Issacson Hall

How: Call Denis Benjamin in the evenings at 363-2259 to enroll. If the class fills, we will accommodate you in the next series of intermediate classes.

**Beginner's classes** will be given next spring. This will allow us to accommodate all the new members who sign up at the annual exhibit and get everyone up to speed for the spring season. The schedule and registration information will be published in the February *Spore Prints*.

## CULTIVATION GROUP

Lynn Phillips



While the rest of the society has been anxiously awaiting the fall rains, the mushroom growers among us have been hard at work honing our cultivation skills. At our June meeting, we inoculated bags of sawdust with shiitake spawn and decided that it was much preferable to drilling holes in logs as we did last year. The results are better, too. Instead of a couple of pieces of firewood, we actually have spawn that looks like it will be ready to fruit soon.

Encouraged by the success of that meeting, we met in July to plan the cultivation of particular species of mushrooms so that we would have something interesting to show at the annual exhibit this fall.

By the time of our marathon August meeting, our grand, or perhaps grandiose, plans included growing nearly a dozen different species on a number of different substrates, including exotic-wood sawdusts and even more exotic composts. You will be able to see the results and, we hope, the fruits of our labors at the cultivation table at the annual exhibit in October.

There will be an organizational meeting September 15th at which we will schedule events and activities of the group for the coming year. Also, as Walter Knox has begged for relief from chairing this mushrooming group, we will elect or appoint a new chair. The meeting will run from 1:00 p.m. through a potluck supper at the home of Sal and Evelyn Mineo, phone 643-6011.

**ASIA'S MAJOR MUSHROOM** Steven Raichlen  
*Sunday Star Ledger [via NJM Anews]*

The modern cook has a choice of a bewildering variety of exotic fungi: succulent oyster mushrooms, pungent chanterelles, smoky morels, and costly truffles. But the greatest modern mushroom success story is undoubtedly the shiitake.

Ten years ago, few people had even heard of shiitake and even fewer had tasted them fresh. Today, these stylish mushrooms are available at my local supermarket all year long. The fleshy, full-flavored shiitake turns up at tony French restaurants and the trendiest trattorias. One company even ships them nationwide by overnight mail.

The shiitake originated in Asia, where it is variously known as the Chinese black mushroom, black forest mushroom, and brown or golden oak mushroom. The term shiitake comes from the Japanese word for "oak," for the mushroom grows on a type of oak tree.

It's newly found popularity derives in part from the ease with which it is cultivated. In the countryside in Japan, it is not uncommon for people to grow shiitakes on an oak log in back of the house.

The shiitake is a handsome mushroom with a broad, flat, cinnamon-colored cap, cream-colored gills, and an elongated stem worthy of Modigliani. The cap can grow up to 5 in. across. The rich, pungent, smoky, woody flavor of the shiitake makes the common-place button mushroom seem downright tasteless. Its texture is chewy, yet tender, meaty, yet silken and soft.

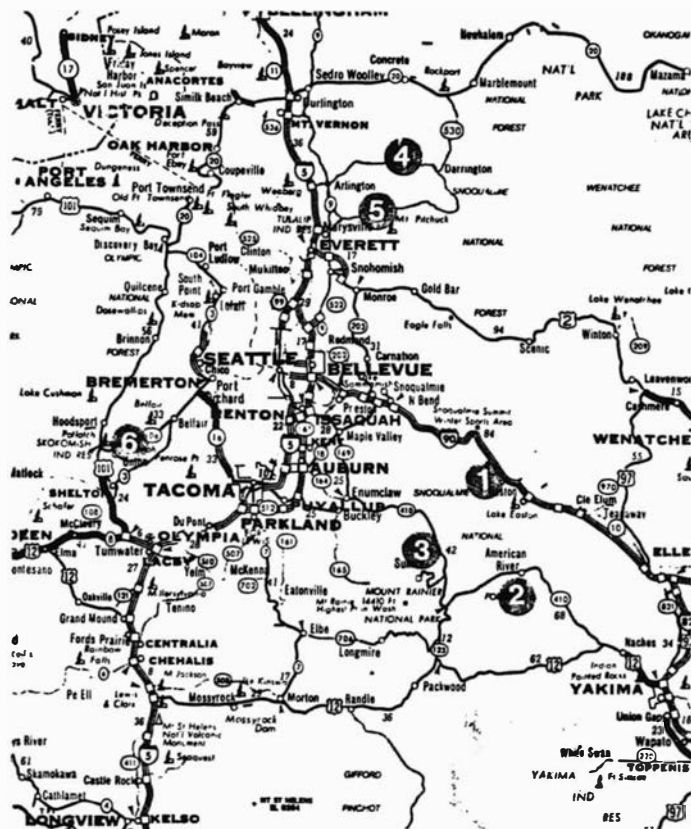
But there's more to this mushroom than good looks and good taste. The latest medical research indicates that shiitakes contain compounds that can help combat influenza, hypertension, polio, cancer, and even AIDS. One of the compounds, eritadenine, fosters the uptake of cholesterol by body tissue, thereby lowering the amount circulating in the blood. In a study at Japan's National Institute of Nutrition, 30 women were fed 3 oz of shiitake a day. After 1 week, their cholesterol dropped as much as 12%. In another study, the National Cancer Center in Japan dramatically reduced the occurrence of tumors in laboratory animals by injecting them with shiitake extracts.

One hundred grams (3.5 oz) of shiitake contain 170 calories, 7.58 g protein, 300 mg calcium, 800 mg phosphorus, and moderate amounts of potassium and vitamin C.

(cont. on p. 4)

**FALL FIELD TRIPS**

It's that time again. The time when friends old and new band together to enjoy the woods and stalk the wily wild mushroom. So sharpen your knives, clean out your buckets, and dig out your favorite field guides.



**September 14** ① **Crystal Springs Forest Camp**  
(elev. 2400 ft., 60 miles E of Seattle)

Drive east on I-90 over Snoqualmie Pass. Continue 9 miles and take Stampede Pass exit #62. Turn right at the stop sign. After 1/4 mile, BEFORE the bridge, turn right to enter the camp.

**September 21** ② **Soda Springs Forest Camp**  
(elev. 3100 ft., 130 miles SE of Seattle)

From Enumclaw, southeast of Seattle, continue east on State Highway 410 over Chinook Pass. About 17 miles past the summit, turn right onto Bumping Lake Road 174. About 5 miles farther, turn left into the camp.

**September 28** ③ **The Dalles Forest Camp**  
(elev. 2200 ft., 70 miles SE of Seattle)

From Enumclaw, SE of Seattle, continue east and south on State Highway 410 about 25 miles and turn right into the camp.

**October 5** ④ **Squire Creek County Park**  
(elev. 350 ft, 65 miles NE of Seattle)

Drive north on I-5 to the Island Crossing exit. Turn right on Route 530 east through Arlington and continue toward Darrington. Thirty miles from the freeway, there is a big sign for the park, which is on the left. Day use only.

**October 12** ⑤ **Masonic Park**

**October 12 & 13** **Mountaineers/PSMS Joint Foray**

**October 26** ⑥ **Twanoh State Park**

(cont. from p. 3)

When buying shiitakes, look for firm, springy mushrooms. They shouldn't be wilted or drooping. According to Steven Rich of the DelfTree Corp. (one of the nation's largest shiitake growers), the bigger the mushroom, the better. But Jack Czarnecki, owner of Joe's restaurant in Reading, Pa., and author of *Joe's Book of Mushroom Cookery*, maintains that younger shiitakes (those measuring less than 2 in. across the cap) are superior to the older ones, as they have a higher ratio of usable flesh. (The stems, about 15% by weight, are inedible.) "Remember that you will be paying for the mushrooms by the pound, including the stems," says Czarnecki. "Make sure you buy enough caps for your purpose."

On the question of how to wash shiitakes, the experts agree: Don't. "If you feel a need to clean them, gently wipe with a moistened cloth," says Rich. Do not immerse fresh shiitakes in water; they'll become soggy.

Depending on their freshness when you buy them, shiitakes will keep 4 to 5 days in the refrigerator. Store them in a cloth sack or loosely sealed paper bag. Avoid plastic bags, as they will prevent the mushrooms from "breathing." Before cooking, remove the stems. They are too fibrous to eat by themselves, but you can add them to stock or, finely chopped, to forcemeats.

Shiitakes lend themselves to a variety of cooking methods. Sautéing (especially with garlic) brings out the mushroom's succulence, while grilling (brush with olive oil first) accentuates their meaty texture. As befits a mushroom born in the Orient, shiitakes are delectable stir-fried, steamed, or fried in a tempura-type batter. Unlike regular mushrooms, they don't taste particularly good raw.

Shiitakes can be found in specialty shops and many supermarkets. Their popularity seems to increase with each passing month.



## SHIITAKE WITH GARLIC AND SNOW PEAS NJMA News

Like most mushrooms, shiitakes possess a natural affinity for garlic. The contrast of dark brown mushroom caps and bright green snow peas makes for a dish that's as pretty to look at as it is tasty to eat.

3/4 lb fresh shiitake  
1/2 lb snow peas  
salt  
3 Tbs olive oil or butter  
1 clove garlic, minced  
3 Tbs finely chopped green onions  
1/4 C chopped fresh parsley  
Freshly ground pepper

Cut stems off shiitakes and discard. Cut small caps in half, larger caps in quarters. Snap ends of snow peas and remove strings. Cook snow peas in rapidly boiling salted water 10 seconds. Refresh under cold water and drain. Blot snow peas dry.

Heat olive oil and garlic in sauté pan over medium heat. When garlic pieces start to bubble, add shiitakes and green onions. Sauté 1 to 2 minutes, or until mushrooms are tender but not soft. Stir in snow peas and cook for 30 seconds or until warm. Stir in parsley and season to taste with salt and pepper. Serve at once. Makes 4 servings.

## POT HUNTING PAR EXCELLENCE

A member of the Vancouver Mycological Society became a true pot hunter on a spring foray near Pemberton, B.C. She found several marijuana plants which were dutifully noted on the foray species list and deposited in the U.B.C. herbarium. Also found on the foray were three unopened cans of beer.

*The word "funge," now obsolete, meant a "stupid fool" or "crackpot."*

Sorry, folks. The printer's on vacation, so you get do-it-yourself this month.

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**Puget Sound Mycological Society**  
Center for Urban Horticulture  
GF-15, University of Washington  
Seattle, Washington 98195

**Sneak Preview:** Greatest (mushroom) show on earth  
Membership meeting, October 10, CUH

**October 12 and 13**  
**SPECIAL OVERNIGHT FIELD TRIP FORAY**  
**As Guests of the Mountaineer Naturalists**

- Saturday morning: Group collecting. Bring your lunch.  
(All other meals will be provided through  
Sunday lunch.)
- Saturday afternoon: Identification and helping our hosts learn  
about mushrooms.
- Saturday evening: Slide program.
- Sunday: Nearby collecting; a review of collected  
mushrooms, lunch, and you're on your own.

Your car needs to have reasonable clearance to ford a small stream and drive around a few rocks. There is a walk to the lodge of about 1/8 mile. Backpacks are a good idea; however, we have a truck to get your gear up to the lodge. You need to bring a sleeping bag, warm clothes, rain gear, toothbrush, towel, pillow, etc.

The dorms (men's, women's, family, and committee) are upstairs and include a sink. The toilet is in the basement. Each person will be expected to help with one hut committee--that is, table setting and serving, cleaning jobs, washing pots and pans, meal preparation, etc. You sign yourself up on the list of chores. Work with Mountaineers, so they can help you with the routine.

Meet at 9:30 a.m. at Crystal Springs campground. Take I-90 to exit 62; at the stop turn right. Turn right again into the campground entrance after about 1/4 mile. Do not cross the river. The campground is at the end of the long straight stretch. This is where it all starts. We'll break into four to six groups and go collecting. About 2:00 or 3:00 p.m., our Mountaineer group leaders will guide each group to the lodge.

The cost is \$25, including three full meals. We know you'll enjoy them. The sign-up is limited to 30 PSMS members and 30 Mountaineers. Your check for \$25 per person holds your reservation. Make your check out to "The Mountaineers" and mail to

Coleman Leuthy  
2455 East Lake Washington Blvd.  
Seattle, WA 98112

by September 27th. No refunds after October 7th, unless another person is on a waiting list and will assume your reservation. (We have to pay for the food that is ordered.) For questions or possible carpooling, phone Coleman, 322-2554, or Millie Kleinman, 323-2903.