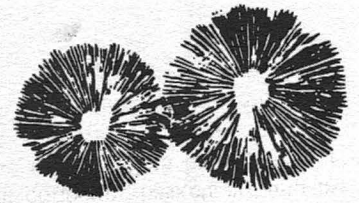


# SPORE PRINTS



BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
Number 328 January 1997

## PRESIDENT'S MESSAGE

Marshall Palmer

Last month we enjoyed a very well-attended "cookie bash" with some impressive slides shared by member photographers. Sincere thanks are in order for members who came early to decorate and prepare tables—some arriving as early as 5:30. All of you who were able to attend deserve to pat yourselves on the back for bringing delicious treats to share. Much caloric storage was accomplished to prepare for the cold winter to come.

A dedicated volunteer, Sheila Parr, is returning to school this quarter after contributing many hours of time and energy as Book Sales Chair. Thank you, Sheila. In her place we need a new Book Chair, whom Sheila has thoughtfully agreed to mentor. While books are offered to members at a 10% discount, the sales are an important source of revenue for our organization. If you are willing to consider this position and would like further information, please call me at (206) 527-6207 or Sheila at (206) 235-8233.

Thanks are also due for those who helped design, construct, and install new shelves in our office at CUH: Cindy Hoover, Robert English, Brandon Matheny, and especially Russ and Roger Kurtz, who purchased the materials, cut and varnished the components, and assembled the structure. Thanks to you all!

Wayne and Patrice Elston have served for the past 2 years as Field Trip Chairs and are in need of a break. They have worked to streamline the organization of field trips, which will benefit the new chair(s). Please consider whether you can help in field trip planning and administration. For more information about this, call me at (206) 527-6207.

Our annual Survivors' Banquet is scheduled for March 14, 1997, at Edmonds Community College. Walter Bronowitz is the Culinary Arts Chair at Edmonds, and those of you who attended last year's banquet know what a great repast he and his students can present. Registration information will be in the February *Spore Prints*.

At the January meeting announcements will be made about the Northwest Flower and Garden Show in early February. PSMS will have an information booth there with some mushrooms displayed. Please look for the volunteer sign-up list at the membership meeting to find a convenient slot in which to help. Volunteers receive free admission to the show, which means that you can stroll through the incredible exhibits on the same day you volunteer.

See you in January!

## NOMINATIONS FOR OFFICERS ARE STILL OPEN

We are still taking nominations for Vice President, Secretary, and board members (2-year terms). Speak up at the January meeting (you must have the nominee's permission) or contact any member of the Nominating Committee (Mary Lynch, Irwin Kleinman, and Lynn Elwell). Please be sure to pay your dues on time, for only current members can cast votes for officers next February.

## ARE YOU A MYCOHOLIC?

Scott Stoleson

Potomac Sporophore, Myco. Assoc. of Washington, D.C.

Most of our members are "social mushroomers"—they come to several forays each year to pick edibles and increase their knowledge, but mainly just to get out into the woods on summer and fall days and to socialize. But there are some among us to whom mushrooms are no longer just a casual interest or an enjoyable warm-weather hobby, but rather a compulsion, an obsession. Such people will be out picking on sweltering August days and in freezing December weather. During peak season, they will be mushrooming not just on scheduled club outings but two, three, or more times a week. These people are mycoholics!

Mycoholicism is a serious problem that is spreading throughout our society. The problem isn't confined to the poor and underprivileged or to recent immigrants from Eastern Europe. Mycoholics come from all walks of life: lawyers, production managers, doctors, antique dealers, garden-clubbers, physiologists, chemists, students, farmers, housewives—anyone can be a mycoholic.

There are a few telltale clues that differentiate a mycoholic from the casual collector. For example, their cars have a 6-month supply of waxed paper bags in the back seat and a dried up *Tricholoma* in the ashtray. They wear little or no jewelry except a hand lens around the neck. Either their collecting baskets are unusually large or worn on their backs to leave both hands free for picking, or they have two baskets—one for edibles, one for other species. While these traits do not automatically condemn someone as a mycoholic, they are among the warning signs to watch for. Are you a mycoholic? Not sure? Then you'd better review some of the following warning signs (score 1 point for each "yes" answer):

1. Do you own a microscope?
2. Do you pray for rain?
3. Does your heart beat faster when you see a stump?  
Do you salivate when you hear the word "morel"?
4. Do you abandon guests, family, or business just to go mushrooming?
5. Do you get evasive and try to change the subject when someone mentions your favorite spot for *Boletus edulis* or *Morchella esculenta*?
6. Do you plan your meals around what species sits in your refrigerator?
7. Is your temporal framework modified? Do you no longer think of the seasons as spring and fall, but rather as "morel" and "matsutake"?
8. Do you find yourself used to eating, or even expecting to eat, such items as dirt, hemlock needles, nonamyloid spores, and dipteran larvae?
9. Do you get irritated at little things that keep you from mushrooming? Things like work, home life, police speed traps, and "No Trespassing" signs?

(cont. on p. 4)

# Spore Prints

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## CALENDAR

- Jan. 14 Membership meeting, 7:30 PM, CUH
- Jan. 20 Board meeting, 7:30 PM, CUH
- Jan. 24 *Spore Prints* deadline
- Feb. 5-9 Northwest Flower and Garden Show
- Feb. 11 Membership meeting, 7:30 PM, CUH
- Mar. 14 PSMS Banquet and Annual Meeting, Edmonds Community College

## BOARD NEWS

Agnes Sieger

**November:** Charles Pregaldin is the new Exhibit Chair. Book Sales Chair Sheila Parr is returning to school would like to retire in January 1997; she has all of the Book Sales details available on her computer and will be available to mentor the new chair or co-chairs. Marshall Palmer, Brandon Matheny, and Dan Pregaldin will form a committee to analyze our nonprofit status. PSMS cleared approximately \$4800 on the annual exhibit and \$1000 on the Quinault Foray. Irwin Kleinman, Dan Pregaldin, Marsi DiGiovanni, and Russ Kurtz will form a committee to advise on setting aside money for renewal of our lease with CUH in 2014. Russ has almost finished the shelves for the office. The Bellevue Athletic Club, Edmonds Community College, and the Lake City Elks Club were suggested for the PSMS banquet in March.

**December:** The 1997 annual exhibit will be October 18 and 19. Lynn Elwell joined Mary Lynch and Irwin Kleinman on the Nominating Committee. The 1997 banquet will be at Edmonds Community College. Marshall Palmer is in charge of the PSMS roster. Suggestions were entertained on how best to invest in a building fund so we can renew our lease at CUH. Russ Kurtz will arrange another Lake Quinault Foray for the first or second weekend in November. Joanne Young will contact potential sales representatives for the PSMS cards made from the 1984 exhibit poster.

## MEMBERSHIP MEETING

Tuesday, January 14, 1997, at 7:30 PM in the Center for Urban Horticulture, 3501 N.E. 41st Street, Seattle

Our January meeting features Jim Berlstein, who will present a talk/slide show entitled "Mushrooms You Should Know: Tales of Beauty and Power From the Fungal Files." Although he has a B.S. degree in biology from Yale University and an M.S. degree in aquaculture from University of Washington, Jim found that full-time employment interfered with the mushroom season to such a great extent that it could not be tolerated. He currently makes a living tutoring high school students in math and science, as well as in SAT preparation. A conservative mushroom eater, Jim prefers to let you try the questionable species and tell him about your symptoms, rather than to actually try them himself. Jim has been photographing mushrooms for many years and has assembled a large collection of slides. Come and see the glory of the Pacific Northwest captured in Jim's slides!

Would members with last names beginning with the letters L-P (and any beginning with prior letters who have not already contributed this fall) please bring a plate of snacks to be enjoyed after the presentation?

## MEET BRANDON MATHENY

Inga Wilcox



Brandon, our current Education Chair and a volunteer identifier, is a recent member, having joined PSMS in February 1995. A native of Oklahoma, he describes himself as "a city kid who loves the outdoors and likes to sleep in a tent."

He arrived in Seattle in 1991, bringing with him his guitar, CDs, books, and \$300, and knocked at his brother's door. Hiking along the coast in the La Push area, Brandon noticed many mushrooms and immediately wanted to know what they were. Edibility did not enter into the picture at this point. The first book he checked out of the public library was David Aurora's *Mushrooms Demystified*. Other field guides followed, and Brandon soon was able to identify his finds. Indeed he commenced a mushroom survey of his own in a wetland area on the Sammamish Plateau. He chose a site with alders, Doug firs, some cottonwood, hemlock, salal, salmonberries, and other shrubs and documented his findings in a spreadsheet and photographs. He plans to continue to monitor that site to find out the effects of development. He says that the resources in the PSMS library were of great help.

Having joined the society, he took all the classes being offered and went on as many field trips as possible. His advice to newcomers is "go on field trips." He states that after joining his interest in fungi simply exploded. He acknowledges his indebtedness to Brian Luther, Larry Baxter, Dick Sieger, Sara Clark, and Coleman Leuthy for their generosity in giving time and sharing their enthusiasm. "I would not know what I know today without them."

There is a rock band in town called "What Goes On," and our Education Chair plays guitar and bass in it. Brandon has played music for a long time. He makes up songs and finds music to be a means of expressing himself.

We are delighted to have him as our Education Chair. Keep up the good work, Brandon, and let us know when the band plays again.

*Collecting fungi with Dr. Harold Burdsall, Jr.,  
is like walking your dog—you stop at every tree.*

## MUSHROOM HARVESTERS GET A TASTE OF SCIENCE

Ron Post

An unusual event last November in Shelton, Washington, "Home of the Evergreen Forest," made it apparent that science is a living thing, if not a living, for the people of this small timber community at the southeastern edge of the Olympic National Forest. Nearly 150 people came to listen to scientists who cooperated on a 3-year study funded by the U.S. Man and the Biosphere Program. The purpose of U.S. MAB is to promote, through research, "harmonious relationships between people and their environment." The study looked at how chanterelle mushrooms (*Cantharellus cibarius* and *C. subalbidus*) grow and make their way out of the Olympic Peninsula and what managerial strategies could help manage and sustain the harvest over the long term.

The day-long workshop was held next to the town's airport, a way station every autumn for chanterelles and other "special forest products" worth a few million dollars, given a good harvest year and reasonable market prices for the products: floral greens such as fir boughs, moss, and cones, and, of course, wild mushrooms. According to mushroom buyers who attended the workshop, local *C. cibarius*, the yellow chanterelle, was abundant in 1996, though prices were somewhat depressed on the international market. It was also a good year for *C. subalbidus*, the meatier and paler white chanterelle.

Having had experience with many groups involved in wild mushroom harvesting, the MAB scientists brought a facilitator for the afternoon round table discussion on regulation of the mushroom harvest. The participants included mushroom buyers, private timberland owners, national forest rangers and resource managers, state land stewards and many others. David Arora, who has traveled the world recording his observations of foragers, observed the colloquy for some time before remarking, "A lot of this (issuing permits) is actually an attempt at taxation." Others called the state's effort to regulate harvesting "a police-type action" and "harassment." According to Arora, "The regulations seem to be targeted toward people who are very poor and trying to get by. None of them seem pointed toward (assuring) sustainability."

Joe Simpson, a panel member and study participant whose Simpson Timber Co. issues leases to pickers on about 60,000 acres of woodlands, said he has "been through this about 16 times" and predicted "there is going to be limited access down the road" on both private and public lands owing to increasing competition for special forest products and wild plants. Washington State has attempted to gather information and issue permits for its wild mushroom harvest since 1989, when a state law directed the agriculture department to require mushroom buyers and dealers to buy permits and report harvest amounts. A more recent state law places mushrooms into the category of special forest products but again gives no money to local enforcement agencies to enforce permit requirements.

Some speakers demanded the federal government adopt a consistent policy toward regulation; up to now, each national forest—even separate ranger districts—could require different types of permits for pickers. Anyway, only half the state's forest land is federally owned, and checkerboard patterns of alternating private and public land ownership often make it difficult to tell whose regulation applies.

Other speakers made the point that taxation will be difficult owing to the nature of the product, which is highly perishable, and the annual harvest, which is highly unpredictable, usually a part-time occupation, and not always lucrative.

There was a panel on sustainability, too, and various handouts, including reprints of local news stories about racial tensions in Shelton and a pile of fliers telling pickers and buyers, in different languages, about state farm labor laws. There was also plenty of French bread, heaps of hot pasta, and a marinara sauce made with wild mushrooms.

Among the fungus heads in attendance were Paul Stamets, a local author and well-known mushroom cultivation expert, Arora, a lecturer and author of *Mushrooms Demystified*, and Randy Molina, whose U.S. Forest Service mycology lab in Oregon coordinated the biological component of the MAB study.

Leon Liegel, the U.S. Forest Service scientist who organized the 3-year study with a shoestring budget, told the audience that part of MAB's mission was to share information with the public to promote understanding of environmental issues. "The media have portrayed the situation as 'one cannot have both jobs and [a healthy] environment,'" Liegel said.

Tom Love, a Linfield College anthropology professor who directed a socioeconomic and ethnographic study of harvesters, held everyone's attention with a presentation that focused on the people doing the business. But, "a lot of people are concerned about opening up and talking freely, given the uncertainty about regulations that might come back at them," he said.

David Pilz, a member of Molina's research group at the Pacific Northwest Research Station in Corvallis, spoke about the difficulty of coming up with enough land and enough protected harvesting sites to obtain a random sample for estimating the forest's chanterelle productivity. Also, there was the challenge of training and organizing dozens of volunteers who would be mostly on their own, traveling through inclement weather around the peninsula to gather, dry, and weigh a few hundred grams of mushrooms. But Pilz said the study will help other scientists survey and manage important harvesting areas, which are increasingly popular for hordes of commercial mushroom pickers as well as a growing number of pot hunters.

## MYCOLOGICAL DETECTIVE

WASHINGTON (AP)—Amy Rossman, an Agriculture Department scientist of the Systematic Botany and Mycology Laboratory in Beltsville, Maryland, recently did a little detective work to help persuade China to lift a longstanding quarantine on California wheat. For years, China has imposed a no-tolerance level for spores of a fungus [*Tilletia controversa*] that causes dwarf bunt, a wheat disease that does not occur in that country. The original 78-year-old document showed the fungus appearing in California—the basis for the Chinese quarantine. However, after further research using National Archives documents, Rossman proved that the fungus specimens actually came from Oregon, paving the road for lifting the quarantine on California wheat.

## FLOWER AND GARDEN SHOW Colleen Compton

For the past few years, PSMS has held a mycology exhibit at the Northwest Flower and Garden Show. This year's show will be held on February 5–9, 1997, at the Seattle Convention and Trade Center. The PSMS exhibit will be constructed on Tuesday, February 4. PSMS members who would like to set up the booth or staff it during the show may sign up at the January meeting or call Colleen Compton (206) 367-2694 after January 16. Those who participate are entitled to view the Flower and Garden Show at no cost.

**Mycoholic, cont. from p. 1**

10. When you see a beginner with a choice edible, do you say, "Gee, that's an interesting one. Would you mind if I take it home to study further?"
11. When you drive, are your eyes on the lawns and stumps along the roadside more often than on the road?
12. Do you suffer through the winter only with the help of frozen, dried, and pickled mushrooms that clutter up your home? Or, even worse, do you pack up and head to tropical climes where there are fungi in abundance?
13. Is your idea of eroticism a *Phallus ravenelii*?
14. Do you carry a picture of David Arora in your wallet?

Sound familiar? Check to see how you scored: 0-4 You may be normal. 5-8 You may be a mycophile, but you need to have a spore print taken to be sure. 9-12 You are a confirmed mycophile. Seek help. 13-14 You are probably beyond help.

Just what are the dangers of mycophilia? Besides the obvious deleterious effects on social, home, and business life, this disease has very real physical complications as well. Mycophiles, in addition to their tendency to have a sore head from walking into things because of always looking down instead of ahead, frequently suffer from a number of physical infirmities that are a direct result of their habit of stooping, bending, kneeling, tugging, lugging, and picking. These include Entoloma Elbow, Dentinum Disc, Naematoloma Neck, Trich Knee, and, with some, a Gymnopilus Glaza to the eyes. There are some mycophiles whose all-too-frequent bolete binges have reduced them to physical wrecks. These people keep coming to forays, often dragging pillows on which they can ease their aching arms after a frantic fungal frolic.

So what can be done for the mycophile? For a start, you should rid your home of all fungi and mycological paraphernalia. Begin by sending all your dried morels and boletes to me. After that, you're on your own.

**Dennis Bowman has changed e-mail addresses:** His new address is [bowman@loxinfo.co.th](mailto:bowman@loxinfo.co.th)

**MAGIC MUSHROOM COMEBACK? Marilyn Shaw**

*Spores Afield*, Colorado Mycological Society, March 1995

Shades of the 60s! Teenagers have rediscovered tie-dyes, peace signs, and, yes, hallucinogenic mushrooms. Dried "magic mushrooms" seem to be readily available on the street. Sometimes they are *Psilocybe* spp., but other times they are who-knows-what and have been inoculated with amphetamines and/or other substances to make you feel you've gotten your money's worth.

In the past couple of years, several cases have been referred to the Rocky Mountain Poison Center involving "bad trips" and severe gastrointestinal illnesses. A frightening trend seems to involve (usually) young men randomly consuming LBMs in search of a "high." In three cases the patients tested positive for marijuana in addition to ingesting wild mushrooms. Two of them thought they were eating *Hebeloma* spp., identified from a book belonging to the grandmother of one of them. They could not explain why, if you knew *anything* about mushrooms, you would eat a *Hebeloma*.

In some cases they had heard that hallucinogenic mushrooms turn blue (some do, some don't) and set out to try any mushroom with a blue coloration. These included, in one case, several *Cortinarius* spp. At least this young man was playing it safe. He was testing them on his dog. With friends like that....

**BREAKFAST CASSEROLE South Sound Myco. Soc.**

- |                      |                            |
|----------------------|----------------------------|
| 5 slices bread       | 3/4 tsp dry mustard        |
| 2 C grated cheese    | 2 1/2 C + 3/4 C milk       |
| 1 C sliced mushrooms | 1 1/2 lb ham               |
| 4 eggs, beaten       | 1 C cream of mushroom soup |

Tear bread into pieces and scatter over the bottom of a greased 9 by 13-in. baking dish. Top with cheese and sliced mushrooms. Beat eggs, mustard, and 2 1/2 C milk together. Pour over bread. Chop or grind ham and sprinkle over top. Let stand, covered, in refrigerator over night. In the morning, combine mushroom soup with 3/4 C milk. Pour over casserole. Bake at 350°F for 1 hour.



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