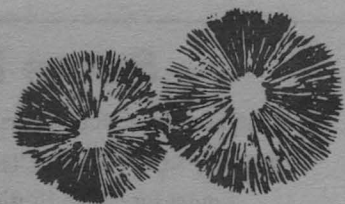


SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY
Number 335 October 1997



QUINAULT—MORE THAN A STATE OF MIND

Dan Corey

After much heated debate and great deliberation by the Board, the Kiwanis camp on the north shore of Lake Quinault has been selected for the 1997 PSMS Fall Foray on November 1–2. Those who attended last year will remember a convivial time of good food, conversation, and, for a few, good chanterelle hunting. This year is expected to be even better. \$30 will reserve Saturday dinner, Sunday breakfast, and a sack lunch besides a room with a view (of course the room is shared with 6 to 10 other people, but they are such interesting people). Do bring your own sleeping bag, pad, toothbrush, pictures of the family, whatever will make it feel like home. Ear plugs, wine, and after dinner board games are optional, though recommended. Last year all 45 places went quickly, so reserve your place now by calling Doug Ward at 523-0781. Registration forms will also be available at the October membership meeting. Three RV spots are available at this same low, low price.

COOKING AND TASTING AT THE EXHIBIT

Patrice Benson

When collecting mushrooms for the exhibit, please remember to collect the edible fungi also for the cooking and tasting event. We depend on the generosity of our members to provide this sensory experience for the uninitiated. We need both fresh and dried mushrooms of all kinds with which to perform our culinary magic. If you can provide fresh specimens for cooking, please bring them in on Friday when the other specimens are delivered or on Saturday or Sunday during the event. No good fresh mushrooms of known edibility will be refused. Please sign up at the next membership meeting if you wish to help or cook and have not already done so. You may also call Patrice Benson at (206) 722-0691 to volunteer.



NEW PHONE SYSTEM

Dan Corey

As many of you heard at the fine September membership meeting, the Society is presently testing a US West voice mail system, with an initial greeting and three options. Options 1 and 2 are for the general public, the first for information about joining the club and ID classes, the second for events open to the public. Option 3 is not announced and is for Society members. Committee chairs may call, write, or e-mail me short messages for the club such as an important correction to a *Spore Prints* article, last-minute changes of field trips, cancellation of meetings, etc.

Check out the system this month at 522-6031, listen to some of the messages, and let us know what you think.

NAMA FORAY—A BOLETE HUNT Kern Hendricks

At 11,500 feet the view of the farms and towns along the Snake River in southern Idaho a mile or so below was spectacular in the mid-morning light. Elizabeth and I had left our Sunriver, Oregon, home only 90 minutes before and were rapidly approaching the halfway point in our journey. Such are the joys of flying your own airplane to a NAMA Foray. As we began our descent into Twin Falls for refueling and a rest, the thought occurred that within 24 hours we would be standing on the ground at 11,000 feet looking for mushrooms. Awesome!

Our plan was to fly into Grand Junction in western Colorado, rent a car, and drive the 165 miles east to the Copper Mountain Resort for the Foray. We had never traveled in Colorado before and hadn't had much of a chance to tune into the grapevine and see what other PSMS members might be attending. We imagined that we would stop a number of times on the trip across Colorado picking *Boletus edulis* and arrive loaded down to the envious eyes of our fellow members. It promised to be an interesting Foray.

As anyone who has ever traveled can tell you, reality and imagination are often at odds. In this case we really didn't see much forest until we were approaching Vail, Colorado, just 20 miles west of Copper Mountain. The forests around Vail didn't look a whole lot better for boletes than the high desert a few miles to the west. Such are the surprises of mushroom hunting.

Upon arrival and registration at the Foray, we were pleased to learn that Ben Woo, Patrice Benson, Lynn Phillips, Joanne Young, Frances Ikeda, and Joe Ammirati along with his grad students Michelle Seidl and Sharmin Gamiet planned to attend. It is always a good thing when arriving in strange territory to seek out a few natives and try to acquire a few tidbits of local knowledge. As the place was overrun with members of the Colorado Mycological Society, this was not a difficult task, and we quickly learned that our prized boletes were awaiting in the spruce forests at about 11,000 feet. So now we only had two problems remaining: Where to find the spruce forests and how to breathe once we got there. We were already gasping for oxygen at Copper Mountain and had to go another 1,500 feet higher to get into the right forests. Such are the challenges facing a lowland PSMS member in the high Colorado Rockies.

Finding the spruce forests proved to be the easy part. We hooked up with PSMS member Mick Mueller from Wenatchee, who had worked for the Forest Service in Vail a few years before. So the next morning Patrice, Lynn, Joanne, Frances, Mick, Elizabeth, and I hopped into a couple of cars to head off to the high country in search of the bolete. Ben, Joe, Michelle, and Sharmin planned to stay in the "low country" for identification and other NAMA Foray duties. For us, the hunt was on. For them, identification.

Before the cars came to a complete stop, we could see that the woods were filled with white speckled, red capped mushrooms. *Amanita muscaria*, of course. A good sign as these popped up at the time the elusive bolete fruited. Or so we were told by our new

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Spore Prints

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PUGET SOUND MYCOLOGICAL SOCIETY

Center for Urban Horticulture, Box 354115
University of Washington, Seattle, Washington 98195
(206) 522-6031 <http://www.psms.org>

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EDITOR: Agnes A. Sieger, 15555 14th Ave. N.E.
Seattle, WA 98155

Annual dues \$20; full-time students \$15

CALENDAR

- Oct. 11 Twanoh Park Field Trip
Mountaineers/PSMS Field Trip
- Oct. 14 Membership Meeting, 7:30 PM, CUH
- Oct. 18 PSMS Annual Exhibit, 12:00-8:00 PM
- Oct. 19 PSMS Annual Exhibit, 10:00-6:00 PM
- Oct. 20 PSMS Board meeting, 7:30 PM, CUH Board Room
- Oct. 21 Susan Libonati-Barnes, "Mushrooms and Their Poisonous Look-Alikes," 7:00-9:00 PM, Burke Museum, UW campus
- Oct. 23-26 Oregon Mycological Society Foray, Camp Tapawingo, Oregon
- Oct. 24 *Spore Prints* deadline
- Oct. 26 Deception Pass Field Trip
- Nov. 1,2 Lake Quinault Foray

BOARD NEWS

Agnes Sieger

The book sales chair will be directed to report to the board at the November meeting and quarterly thereafter. The number of people signing up at the membership meeting to work on Exhibit committees was discouraging, and Exhibit Chair Charles Pregaldin was wondering about holding the exhibit every other year. Frances Ikeda has found a Boy Scout troop to help with the exhibit parking. Wayne Elston will be the chef at the Lake Quinault Foray; Joanne Young will arrange for speakers and I.D. Patrice Benson is still working on the roster, which will not be ready until January or February. A motion was carried to cosponsor the Stuntz Memorial Lecture in 1998. Marilyn Droege reported that the Snohomish Mycological Society wants to sell our T-shirts at their show and maybe our cards.

MEMBERSHIP MEETING

Tuesday, October 14th, at 7:30 PM at the Center for Urban Horticulture, 3501 NE 41st Street, Seattle

Two big events of Autumn, the fall fruiting and the Wild Mushroom Exhibit are upon us. The October meeting will have a panel of resident experts who will share their years of experience on how to find various choice mushrooms and will field questions from the group. (Warning: inquiries as to specific locations may be met with lies!). Afterwards, there will be an update on the Annual Exhibit preparations and which opportunities are still open for members new or old to share in the fun.

If your last name begins with the letters S-Z, please bring a plate of refreshments for the social hour.

EMERGENCY SIGNALS Lois Beath, *Everett Herald*
via *Mushroomer*, Snohomish Co. Myco. Soc., Sep.-Oct. 1997

Lost in the woods? Here are some ideas that might help.

1. If you have a cellular phone, try it out. It just might work!
2. Got any flares? Red means help or SOS. However, during a search any color will be investigated.
3. Know your hand signals in case you are spotted by an airplane. Two hands up means "pick us up." One hand up or a one-hand wave means "all is well." Hands over the ears means you have a radio. Wave a rag up and down for yes, side to side for no.
4. Leave tracks, especially arrows pointing to where you are heading; make the arrows from anything that will stand out and make them big. Use contrasting colors.
5. Use large letters for symbols. V means "need help." X means "need medical help." A straight line means "serious injury." F means "need food and water." LL means "all is well." N means "no." Y means "yes." Three of almost anything means "need help." Displaying three fires or displaying flash lights are some ideas.

NAMA, cont. from p. 1

found CMS friends. They were right! Before long the first bolete fell to our trusty pocket knives. Then another, and another still. We were in luck.

After showing us several of the more scenic mountain ranges, Mick led us up a steep, rutted dirt road to Ptarmigan Pass. Over we went at 11,600 feet into a beautiful area of spruce groves and meadow—breathtaking in more than one way! Elizabeth and Joanne found the first patch of small buttons around an old camp site. Patrice, Lynn, and I dropped down the hill to a creek to work our way back up. What a mistake! Five steps up, stop and breathe. Repeat again and again. But wait! Isn't that a big bolete sitting there in the grass next to the spruce grove? It is! And over there; is that another? Who needs air when the hunting is this good! Button, button, look at all the buttons.

We came back to Foray headquarters lugging full baskets of boletes. PSMS had established itself as the King Bolete Chapter. Even the CMS members were impressed. Mycophagy was happy. There would be a tasting feast the next day with the PSMS bolete donations. Finally, we were all happy because now our baskets were empty and we'd have to go bolete hunting again tomorrow.



UPCOMING FIELD TRIPS

Mike Lovelady

October 1 Twanoh State Park (elev. near sea level, 20 miles SW of Seattle by ferry)

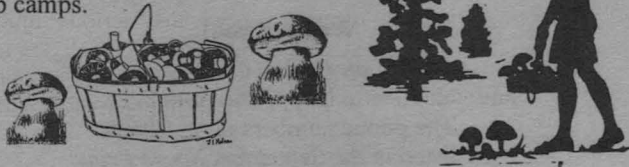
Twanoh State Park is on the south side of Hood Canal between Belfair and Union. Take the downtown ferry from Seattle to Bremerton. From Bremerton, drive south on State Highway 304 to Highway 3. Continue south on Highway 3 past Belfair, then bear right onto Highway 106 and continue another 7 miles to the park. Alternately, you can drive south on I-5 to Tacoma and cross the Narrows Bridge. This adds 60 miles to the trip.

October 11, 12 Mountaineers / PSMS Weekend

This is a two-day event in cooperation with The Mountaineers at their Meany Ski Lodge east of Snoqualmie Pass. Saturday includes collecting, setting up display tables, and an evening program. Sunday includes a review of collections, local collecting, and preparing mushrooms for part of our lunch. Accommodations are dormitory. Bring a sleeping bag and a lunch to eat Saturday while collecting. The cost is \$30 and includes Saturday dinner, Sunday breakfast, and Sunday lunch. No alcohol in lodge. No pets. Contact Coleman Leuthy—2455 E. Lake Washington Blvd., Seattle, WA 98112, (206) 322-2554—for details and to sign up. *Payment must be to Coleman by October 10.*

October 19, 20 Deception Pass State Park (elev. near sea level, 80 miles north of Seattle)

From I-5, take exit #226 and go west on route 536 (becomes 20). Turn south, away from Anacortes and toward Whidbey Island. Cross the bridge at Deception Pass to the park and follow PSMS signs to one of the two group camps.



CRYSTAL SPRINGS FIELD TRIP

Brian S. Luther

September 13, 1997, was a beautiful sunny morning, and a great day to start off the Fall season with our first field trip to the old CCC camp at Crystal Springs. The original log shelter is currently off-limits for public use because it's being renovated. I brought a whole carload of wood, hoping to have a roaring fire in the shelter's fireplace, but upon arrival found that the entire chimney and fireplace had been removed, and the huge solid picnic tables pulled outside under the trees. So instead, we used a campfire pit near the ID table, and kept it going all day.

We had a pretty good turn-out of people, but no one wanted to stay for potluck, so we called it quits at about 3:00 PM. A nice variety of fungi was found during the day, with 52 species identified and displayed. Several people found small collections of immature *Cantharellus cibarius*, and a group that went out with Mike Lovelady found a very nice cluster of the tasty and rare Black Chanterelle, *Polyozellus multiplex*. In addition, six different edible species of boletes were found. Unusual finds included an extraordinarily large specimen of *Leucopaxillus amarus* that was about 14 inches across, and an exceptionally nice collection of *Gomphus kauffmanii*. The diversity of fungi brought in, and their condition, indicated to me that it's going to be a very good mushroom season.

BOLETUS MUSHROOM RISOTTO Jerry Traunfeld

The Herbfarm, as demonstrated at PSMS, 9/9/97

Stock:

- 1½ cups hot water
- 1 oz. dried *Boletus edulis*
- 3½ cups unsalted chicken or vegetable stock, preferably homemade

Mushrooms:

- 2 TBs olive oil
- ½ lb fresh *Boletus edulis*, cleaned and diced
- Salt
- 1 medium shallot, finely chopped
- 2 cloves garlic, minced
- ¼ cup Madeira

- 2 TBs butter
- ½ onion, finely diced
- 1½ cups arborio rice
- ½ cup dry white wine
- 3 TBs chopped fresh marjoram
- ½ cup chopped Italian parsley
- ¾ cup grated Reggiano parmesan cheese
- Black pepper

Stock—Pour the hot water over the dried mushrooms. Let them soak for 15 minutes, then lift them out of the water and chop them. Pour the soaking liquid through a fine strainer, leaving any dirt that sank to the bottom behind. Add the liquid to the stock and bring it to a simmer in a saucepan. Set aside.

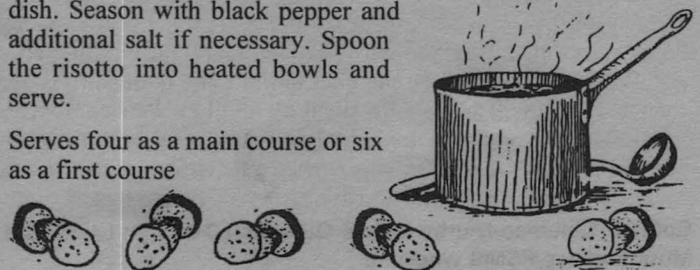
Mushrooms—Heat the oil in a large saucepan over high heat. Add the fresh mushrooms and ½ tsp salt and cook, stirring, for several minutes. Lower the heat to medium and add the shallots, garlic, Madeira, and reconstituted mushrooms. Cook until all the liquid has evaporated. Remove from the heat and set aside.

Risotto—Melt the butter in a large saucepan. Add the onion and cook, stirring often until softened, about 6 minutes. Add the rice and stir and cook for 1 minute. Add 1 cup of hot stock, the wine, and 1 tsp salt.

Reduce the heat to low and stir the rice with a large wooden spoon until most of the liquid is absorbed. You don't have to stir it constantly through the cooking process, as is sometimes stipulated in risotto recipes, just very often—about ½ the time. You can't walk away and do the laundry, but you can chop herbs or grate cheese in between stirs. When the first cup of stock is absorbed, add another cup of stock and keep stirring. Add 1 cup of stock at a time, waiting until the rice is almost dry before adding more. After 3 cups of stock are added, stir in the cooked mushrooms. Continue adding stock and cooking until the mixture is creamy and the rice is tender on the outside but still has a the faintest hint of a bite when you chew it. It will take about 25–35 minutes from the time you first add liquid, depending on the type of rice and the level of heat.

When the rice is done stir in the herbs and cheese. Add a little more stock if necessary to keep the risotto moist. Two more tablespoons of butter can be stirred in for a richer dish. Season with black pepper and additional salt if necessary. Spoon the risotto into heated bowls and serve.

Serves four as a main course or six as a first course



CHANTERELLE & CORN CHOWDER WITH BASIL

Jerry Traunfeld, The Herbfarm
as demonstrated at PSMS, 9/9/97

- 2 TBs olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 3 cups chopped chanterelle mushrooms, about 12 oz.
- ¼ teaspoon salt
- ½ cup white wine
- 2 TBs dry sherry
- 3 cups unsalted chicken or vegetable stock, preferably homemade
- 2 cups fresh sweet corn kernels, about 3 ears
- 1 cup heavy cream
- 1 TBs chopped fresh marjoram
- ½ cup coarsely chopped basil leaves
- Black pepper



Heat the olive oil in a large saucepan over medium heat. Add the onion and garlic and cook, stirring often, until it softens and begins to turn a light caramel color, about 8 minutes. Add the mushrooms and the salt and cook for 5 minutes, or until all the moisture is released and then evaporates. Pour in the wine and sherry and continue to cook until almost dry.

Add the stock and corn and bring the soup to a boil. Lower the heat and simmer, uncovered for 15 minutes. Stir in the cream and wait until the soup simmers once again. Add the marjoram, basil, pepper, and additional salt if needed. Serves 6

CLASSES AND FORAYS

Michelle Seidl's November seminar has been canceled.

Oregon Mycological Society Fall Mushroom Study Foray: October 23–26 at Camp Tapawingo. Dorm lodging \$77/\$61 and tent/campers \$61/\$51 for all meals Thurs/Sunday or Fri/Sunday. Foray registration only, \$25. Call Jim Kennedy, Foray Chair, at (503) 692-3159. **Registration deadline is October 10.**



Puget Sound Mycological Society
Center for Urban Horticulture
Box 354115, University of Washington
Seattle, Washington 98195

RETURN SERVICE REQUESTED

ARTICLES OF POSSIBLE INTEREST

"Renal failure caused by mushroom poisoning," Anne M. Leathern, Roy A. Purssell, Victor R. Chan, and Paul Kroeger, *Clinical Toxicology*, 35(1), 67–75, 1997.

This article describes four cases of probable *Amanita smithiana* poisoning in the Pacific Northwest. This fall-fruited mushroom caused vomiting within 1–6 hours in all cases followed by kidney failure within 1–5 days. It was probably mistaken for the choice edible, the pine mushroom (*Tricholoma magnivelare*). With haemodialysis and supportive care, all four patients recovered.

***Haploporus odorus*: "A sacred fungus in traditional native American culture of the northern plains,"** R.A. Blanchette, *Mycologia*, 89, 233–240, 1997.

The Indigenous Peoples of the northern American plains used *Haploporus odorus* to ornament sacred robes, human scalp necklaces, and other cultural properties. The fungus was also a component of medicine bundles and used for protection against illness. Numerous collections, some dating to the early 1800s, from the Blackfoot, Blood, Cree, and other northern plains tribes indicate this fungus was used as a symbol of spiritual power. The exceedingly fragrant anise-like scent of *H. odorus* sporophores appears to be the reason this fungus was selected and revered. Collection notes and historic photographs provide additional evidence for the importance of this fungus in traditional Native American culture. The significance of this fungus has remained obscure due to misidentification of the fungus as carved cottonwood roots, loss of information on traditional Native American culture over the last century, and lack of previous ethnomycological investigation.

We need you!

Call an Exhibit Chair now
and volunteer to help at the Annual Exhibit!
The phone numbers of all Chairs
are listed in the September *Spore Prints*.

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Contact Coleman Leuthy before October 10 to sign up for the Mountaineers/PSMS weekend