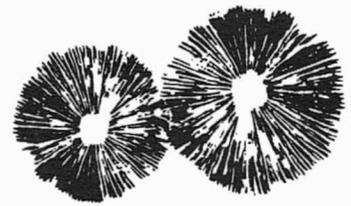


# SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
Number 337 December 1997



## Season's Greetings!



- Felices Navidades o Pascuas! • GOD JUL! • *Glaedelig Jul!* • *Veselé Vánoce!* • *Kauskaa Joulu!*
- *Wesotych Swait!* • FROLICHE WEIHNACHTEN! • Merry Christmas! • Buon Natale!
- *Kellemes Karacsonyí Ünnepeket!* • *Καλα Χριστουγεννα!*
- *Feliz natal!* • *Noeli ya furaka!* • *Joyeux Noël!* • *Vrolijk Kerstfeest!*

### MUSHROOMING BY PHONE

Dick Sieger

Some dozen people a day called the PSMS mushroom identification service this fall. Usually we get that many calls in a week. The increase was due to widespread publicity for our exhibit and a speculator mushroom season that extended well into November.

Most such calls are from people who want to confirm the identification of a mushroom before they eat it, and a few are from people who are learning to identify mushrooms. We refer those folks to the identifier who lives closest to them so they can have their mushrooms examined. Some folks want to know how to cook their mushrooms, and I help them with recipes appropriate to the species. Others want to know where to find choice mushrooms, and I direct them to all of my good spots: "In eastern or western Washington but sometimes in Oregon, Idaho, or British Columbia."

We get the odd call that makes life interesting. A woman asked for a telephone identification of a mushroom that she had already fried in butter, and she seemed disappointed that I couldn't recognize it from her description—"like cauliflower, growing in moss, and beige," the standard color of older *Ramaria* species. Several conscientious workers from day care centers asked about mushrooms growing on ground bark in their playgrounds. These mushrooms have included *Mutinus caninus* and a *Gymnopilus* species, and picking or raking until they stop fruiting is about the only thing that can be done with them. People who want to experiment with recreational mushrooms are dissuaded from trying *Amanita pantherina* and *A. muscaria*, which are more likely to provide an unpleasant illness than a pleasant "high." Those seeking *Psilocybe* species are warned about *Galerina* look-alikes and, to keep them from killing themselves, are referred to the three excellent field guides to recreational fungi that are available from our PSMS book sales table.

The day after our October meeting, three Seattle people were poisoned by a meal of *Amanita pantherina*, and a television station called asking for a specimen to photograph. I've had some success hunting mushrooms from a moving truck, so I thought it might be possible to hunt them by phone. First, I called Joanne Young, hoping she had a phone number for Christopher Mithoug, who had brought a beautiful *A. pantherina* to the PSMS meeting. Joanne didn't, but called Membership Chair Bernice Velategui.

cont. on page 4

### GRILLED PORTOBELLA WITH HERBED GRIT CAKES AND ROASTED RED PEPPER AND BLUE CHEESE RELISH

Walter Bronowitz

#### Equipment:

Sauce pan, mixing bowl, 2-1/2 in. circle cutter, large nonstick sauté pan

#### Marinade:

1/2 C salad oil	1 Tbs black pepper
1/4 C mushroom soy sauce	2 lb whole portabella mushroom caps, stemmed
1/4 C balsamic vinegar	
1/4 C rice vinegar	

#### Grits:

1-1/2 C grits	1/4 lb butter
3 C water	Salt and pepper
1/4 C fresh herbs, minced	

#### Red Pepper & Blue Cheese Relish:

6 ea. red bell peppers,	Salt
1/2 lb onions, diced small	Black pepper, fresh ground
4 oz. pine nuts, chopped	2 oz. blue cheese, crumbled
4 ea. shiso leaves (Uwajimaya)	Salad oil
1/4 C balsamic vinegar	Herb sprigs
1/4 C red wine vinegar	Chopped parsley
2 oz. extra virgin olive oil	

Grits: Make grits one day ahead, following directions on package. When done, mix in herbs, butter, salt and pepper. Spread 1/2 in. thick on parchment sheet in pan, cover, and refrigerate. Or make fresh day of service and use as hot mush.

Relish: Roast red bell peppers; peel, seed, and dice small. Mix all relish ingredients together and let sit for no more than one day ahead, but at least for 4 hours. Mix marinade in mixing bowl; 30 minutes before serving, toss mushrooms in marinade and remove, reserving marinade. Cut grit cakes and reserve.

Heat sauté pan and add salad oil and grit cakes. Cook until golden brown on both sides and drain well. Grill mushrooms and baste with reserved marinade. Arrange grit cakes on plate, top with grilled mushrooms, and spoon over red pepper-blue cheese relish. Garnish with herb springs and chopped parsley. Serves six.

Note: Recipe is from the 1997 Survivors' Banquet. Chef Bronowitz heads the Culinary Arts Program at Edmonds Comm. College.

# Spore Prints

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## PUGET SOUND MYCOLOGICAL SOCIETY

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**SCI. ADVISOR:** Dr. Joseph F. Ammirati

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

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

## CALENDAR

- Dec. 9 Membership meeting and "cookie bash," 7:30 PM, CUH.  
Brings slides and goodies.
- Dec. 15 Board meeting, 7:30 PM, CUH Board Room
- Dec. 26 *Spore Prints* deadline

## BOARD NEWS

Agnes Sieger

**October:** Mike Lovelady has agreed to continue as Field Trip Chair. He reported that the joint PSMS/Mountaineers field trip went well, and that the Deception Pass field trip, in particular, had many new members; however, too few people are volunteering to host. Bernice Velategui reported that 90 new members signed up at the Annual Exhibit, and 19 members renewed. The nominating committee for the 1998 elections consists of Joanne Young, Wayne Elston, and Marsi DiGiovanni. Bernice Velategui and D.V. Corey will co-chair the 1998 survivors' banquet. Doug Ward has found a computer desk. Marilyn Droege reported that she netted about \$600 in T-shirt sales. Thirty-eight people signed up for the Lake Quinault foray. Wayne Elston, who is to be the chef at the foray, will ask Patrice Benson and Marsi DiGiovanni about their expenses last year. Marshall Palmer requested that we included our web site address in future publicity.

**November:** The subject was broached of organizing some kind of car pooling for field trips and forays. Charles Pregaldin reported that the 1997 annual exhibit had approximately 1500 paid admissions. Pregaldin volunteered to chair the 1998 exhibit. D.V. Corey agreed to chair the 1998 PSMS Foray. Dan Tanabe is assembling the 1998 budget and said that any changes or adjustments by committee chairs should be brought to him by December 9. A cover letter, greeting card set, and order sheet were sent to 36 North American mycological societies to promote sale of remaining stock.

## MEMBERSHIP MEETING

Tuesday, December 9, at 7:30 PM at the Center for Urban Horticulture, 3501 NE 41st Street, Seattle

**"Cookie Bash" and Slide Show:** Once again it's time for our annual holiday gathering and "cookie bash." There's no program this month, just eating, socializing, sharing slides, and, new this year, a culinary contest. Bring your favorite holiday treat to share—a plate of cookies, appetizer, fruit and cheese, etc. (Please use a disposable plate or mark the utensil clearly with your name.) OR bring an item for our Myco-Culinary Contest.

We'd also love to see slides of the interesting times you've been having. They needn't be mushroom related. Bring a few slides (10 max) and give them to the person running the slide projector before the start of the meeting

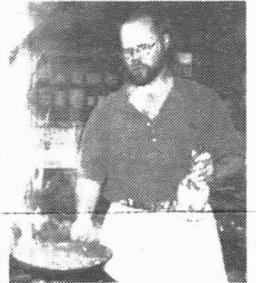
**Myco-Culinary Contest:** Show your culinary and decorating talent! Bring a dessert or appetizer with a mycological theme: habitat, ecology, foraging—whatever it means to you! Prizes will be given for Best Dessert, Best Appetizer, Humor, Craftsmanship, and best of all, Mycological Correctness. Entries will be judged by our panel of celebrities. Bring your entry with its title to the kitchen by 7:10 PM, so that we have time to label it and set up the contest table. Questions? Call Joanne 633-0752.

**PSMS Greeting Cards:** Beautiful PSMS mushroom cards will be specially priced at \$4 per set of six. Great for holiday gifts!

## IT'S TIME FOR ANOTHER PSMS COOKBOOK

Wayne Elston

About one year ago, when I was elected to the board, I decided that it would be great if PSMS could get together another cookbook, as we haven't published one in many years. Well, I'm ready to get the ball rolling. Patrice and I have a program that sets up and formats recipes. I am presently writing my own cookbook, and I would like also to do one for PSMS. So, what that means is this: *We need the favorite recipes from our members and any short anecdotes that relate to the recipes or the gathering of mushrooms for the recipes.* Send them along. We can be reached by the good ol' U.S. postal service at



The Elstons,  
P.O. Box 886,  
Fall City, WA 98024

or by the modern modem method at

[the\\_elstons@msn.com](mailto:the_elstons@msn.com)

Also, let's all get in touch with some of the older members to get their recipes in this as well. Too many valuable tips, secrets, and good old-fashioned food could be lost without their input. Of course our nominal fee for doing this bit o' work is sending us also your favorite super secret spot for matsutake, *Boletus edulis*, *Leccinum*, and/or morels. But don't worry; we'll be too busy in-putting to ever get out hunting!! Any recipes, from the simplest to the most elaborate, will be welcomed, as our club harbors all types of cooks, from neophytes to master chefs. So don't delay.

Act now while this limited time offer is still available, and receive free of charge the good feeling of helping get the next edition of the *PSMS Cookbook* to the press.

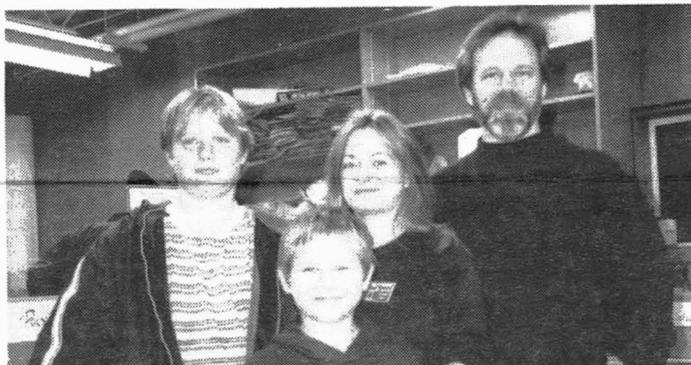
## THANKS FOR THE HELP

Wayne Elston

It was a great pleasure to cook for all the attendees at the Lake Quinalt foray, and one of the things that made it so enjoyable was the abundance of help. I'd like to send special thank you's out to my lovely wife, Patrice, Frances Ikeda, and especially Millie Kleinman, who performed numerous tasks throughout the week-end. Thanks to everyone who volunteered their time and effort, as it made for a great, fun-filled gathering.

## MEET THE MAXWELL FAMILY

Inga Wilcox



The four Maxwells—Scott, Marian, Brandon 12, and Colin 9—all hunt mushrooms and enjoy camping and hiking. Marian and Scott love to cook. A member of PSMS since 1978, Marian got her start in mycology by signing up for a general mycology class she needed to fulfill credit requirements for her Bachelor of Science in Botany. The professor was Dr. Daniel Stuntz. She got hooked and took all the classes taught by him. She remembers one class on “rusts and smuts” when only seven students had signed up and Dr. Stuntz translated the keys from Russian. Her first field trip was to Cle Elum for morels. A surprise birthday party for Dr. Stuntz planned by his students, including Susan Libonati-Barnes and Dick Van de Bogart, was held without Dr. Stuntz, who had forgotten to inform the class he was going out of town.

After graduation Marian got married, and Scott, whose major was zoology, joined in forays. On Dr. Stuntz's recommendation, Marian helped Margaret Dilly with tray arranging. Over the years she became Margaret's assistant, and in 1994 Marian became Tray Arranging Chair. She loves the job, even though help often comes at the last minute. Could people make a commitment somewhat sooner? Then there is the question of what fungi will be available; no two years produce the same harvest. Marian loves the way the show has branched out to include cultivation, cooking, art, education via slide presentations, and more. Scott Chase suggested the addition of a tray of medicinal fungi for future shows.

Along with delighting in great finds like a *Hygrophorus conicus* 12 inches tall, Marian and her husband are dismayed when coming into areas that have been raked.

The Maxwells had a wonderful day this November 8, when they found matsutake, yellow chanterelles, wood blewits 4–6 inches in diameter, and honey mushrooms, all still fruiting this side of the Cascades. One sight is still in her memory: a stand of *Hygrocybe psittacina*, about one hundred pretty little green fungi alongside the trail, shining like emeralds, with a small green frog sitting among them.

We thank Marian for her dedication and wish the Maxwell family many happy outings.

## LAKE QUINALT FORAY

D.V. Corey

This year's Fall Foray was organized by an *ad hoc* committee consisting of Doug Ward, registrar; Corey, organization; and Joanne Young, education. Friday evening, October 31, found Chef Elston, Vice-President Young, Herr and Frau Klienman, Dick Sieger, and Messrs. Baxter and Corey out early setting up at the rustic Kiwanis Camp at Lake Quinalt on the Olympic Peninsula.

And they came—Mycologist Bryce Kendrick from Vancouver Island; Professor of Environmental Science Greg Michalenko from Toronto; identifiers Sarah Clark (from Magnolia via Arizona), Coleman Leuthy, and Larry Baxter; the Ceskas from Victoria, plus 21 other old members and a dozen new ones to enjoy a week-end of sunshine, mild temperatures, and mycology.

Pot hunting was lean (except for Ninja hunters Sara Clark and Joanne Young, who took out our speaker for the day and came back with a basket full of *Cantharellus cibarius*, *Tricholoma magnivelare*, and several *Boletus edulis*; however, the field forgers brought home the goods, finding 88 species.

Saturday evening was memorable in the departments of mycophagy and education. The soup du jour was cream of chanterelle with oyster mushrooms; then mixed greens sprinkled with Montrachet cheese and honey-roasted pecans, vegetables marinated in a tarragon vinaigrette, and a choice of chicken Marsala with shiitake on penne pasta or potato and *Lepiota rachodes* au gratin prepared by the skillful and dedicated hand of Chef Elston, assisted by his wife, Patrice, and several volunteers.

After dinner we were entertained and educated by Bryce Kendrick, retired University of Toronto Professor of Botany and author of the book *The Fifth Kingdom*, who gave us an overview of the fungi kingdom, from its theoretic bacterial origins up to the present. It was a fine foundation in the mycological world for our new members and covered many interesting points on asexual reproduction and mycorrhizal associations for our amateur mycologists. The evening ended with a dessert of poached pears filled with honeyed mascarpone and covered with a port glaze; demonstration of a mushroom database on Sieger's new meg laptop; ethnological evaluations; viewing of the ID tables, and much good conversation.



Sunday morning Mr. Elston gave us no reprieve, with eggs matsutake, fried potatoes au Quinalt (*Boletus edulis*, chanterelles, *Dentinum repandum*), and banana pancakes with maple syrup. Fortunately, everyone had the opportunity to work off some of the comestibles closing up camp. The last car pulled away at 12 PM into the sunny Fall afternoon, which for many included stops for lunch or exploration.

There is already discussion about the 1998 Foray, two days and nights with additional education opportunities, so stay tuned for the chance to be involved.

## PSMS DUES ARE DUE

Unless you joined PSMS after October 1, 1997, your membership expires as of the end of this month. To renew, please send a check for \$10 (student) or \$20 (single or family) and a self-addressed, stamped envelope to membership Chair Bernice Velategui, 2929 76<sup>th</sup> Ave. SE, #504, Mercer Island, WA 98040.

## DECEPTION PASS FIELD TRIP

Larry Baxter

October 26 was a beautiful warm, dry Autumn day. The field trip was hosted by Ross and Valerie Othus, who came up Friday night and had the coffee pot perking when mycophiles arrived early Saturday morning. Mike Lovelady soon arrived with a load of wood large enough to keep the campfire well plied for the weekend. The foray was attended by 48 members. One hundred and six species of mushrooms were identified by Joy Spurr, Margaret Dilly, and Larry Baxter. The better edible mushrooms found were *Boletus mirabilis*, *Agaricus augustus*, *Lepiota rachodes*, *Clitocybe nuda*, *Pleurotus ostreatus*, *Hypomyces lactifluorum*, *Tricholoma flavovirens*, *Sparassis crispa*, *Coprinus comatus*, *Hericium ramosum*, *Tricholoma magnivelare*, *Cantharellus cibarius*, and *Hydnum repandum*. Some of the less commonly brought in mushrooms were *Albatrellus dispansus*, *Tylopilus pseudoscaber*, *Tricholoma inamoenum*, *Tricholoma sulphureum*, *Tricholoma atrosquamosum* (with black on the gill edges), *Ganoderma tsugae*, *Omphalina ericetorum*, *Helvella elastica*, and *Amanita pantherina* var. *pantherinoides* (Murr.). A congenial potluck was held around the campfire at 4:30 PM with people visiting into the night. Several people camped over until Sunday.

### Mushrooming by Phone, cont. from page 1

Bernice not only had a phone number but recalled passing a fresh fruiting of *Amanita* species on Mercer Island. She drove back to the spot, and sure enough it was *Amanita pantherina*.

Barring one Christmas Eve trip to Overlake emergency room to identify *Psilocybe cubensis*, handling identification phone calls has been a lot of fun. I recall the look of great relief on a man's face when I told him his mushrooms were, indeed, chanterelles. He had already given many of them to friends.

Thanks to the following, who hosted PSMS field trips this season: Harold Schnarre, Wayne and Patrice Elston, Ross and Val Othus. Thanks also to the identifiers, especially Sara Clark, who came to every field trip. —Mike Lovelady, Field Trip Chair

## EXHIBIT SPECIES STATISTICS

Joanne Young

This year 313 species of fungi and 30 species of lichens were identified and displayed at the annual exhibit. Ninety-six genera were represented. Thanks to Sara Clark for recording the count. The genera with the most species represented were

<i>Cortinarius</i> 33	<i>Clitocybe</i> 10
<i>Russula</i> 18	<i>Suillus</i> 9
<i>Lactarius</i> 17	<i>Ramaria</i> 7
<i>Tricholoma</i> 16	<i>Inocybe</i> 7
<i>Amanita</i> 14	<i>Boletus</i> 7
<i>Hygrophorus</i> 13	<i>Pholiota</i> 6
<i>Mycena</i> 11	<i>Agaricus</i> 5

## NOMINATING COMMITTEE

Joanne Young

The 1998 Nominating Committee consists of Marsi DiGiovanni, Joanne Young, and Wayne Elston. We are seeking recommendations for President, Treasurer, and six Trustee positions that are open for election this Spring. If you have a hard working, dependable member in mind who would like to carry on the fine traditions of the Society or who wants to help lead us into new areas of education, service, or enjoyment, please let us know before Christmas.

## ITEMS OF POSSIBLE INTEREST

**Found:** A new REI raincoat, blue-green, somehow found its way into my car during the PSMS Lake Quinault Foray. Please call Connie at (206) 325-1048 to identify. This is a very nice (expensive) coat. I'm sure the owner is really missing it

**Northwest Environmental Issues Course:** Eight sessions, 6:30-9:00 PM, Mondays starting February 2. For registration or other information, contact Loren Foss or Matt Golec at (206) 284-6310, [www.Mountaineers.org/climb](http://www.Mountaineers.org/climb) or [clubmail@Mountaineers.org](mailto:clubmail@Mountaineers.org).

page 4



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Seattle, Washington 98195

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