

# SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
Number 457 December 2009



## Season's Greetings



**M**ay all your mushroom dreams  
come true!

## Spore Prints

is published monthly, September through June by the

### PUGET SOUND MYCOLOGICAL SOCIETY

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Annual dues \$25; full-time students \$15

## MEMBERSHIP MEETING

Tuesday, December 9, 7:30 p.m. in the Center for Urban Horticulture, 3501 NE 41st Street, Seattle

December's membership meeting features our famous annual **Cookie Bash**. This event, hosted by your Board of Directors, will showcase the culinary and creative talents of our members. Please arrive festively attired and bearing a contribution to our fabulous and fancy fungi feast. This is traditionally a finger food event with hot and cold hors d'oeuvres, but also with salads, casseroles, and desserts of your choosing. There will be three other events in addition to eating in which you are encouraged to participate.



**Slide Show:** Please contribute a few of your favorite digital pictures from your 2009 trips and explorations to present at our share-and-tell show. When they are projected, you will be given the microphone to tell us about your pictures. The subjects you present are your choice, but we will, of course, want to hear about mushroom-related adventures! You may e-mail a Power Point presentation or your digital files ahead of time to Milton Tam ([miltontam@aol.com](mailto:miltontam@aol.com)), or just bring them on a CD or memory stick to the gathering.

**Bucket Raffle:** This year we will be selling raffle tickets and raffling off a number of mushroom-related items with all proceeds going to the Ben Woo Scholarship Fund. The idea will be to put one or more raffle tickets in the bucket next to the item you want, and if your number is drawn you will win that item. This is also the chance for you to donate some of your mushroom-related objects for either our bucket raffle or as prizes for the edible art contest. Please bring your items wrapped and ready to go.



**Edible Mushroom Art Contest:** Express yourself through your art! Your creation will be a piece of edible mushroom art, which can be consumed after voting. The obligatory theme for your art is the world of fungi. Prizes will be awarded by popular vote. Arrive early if you need to set up your work of art.



## WANOH STATE PARK FIELD TRIP

Brian Luther

I was expecting a pretty big crowd for the Twanoh field trip on October 24, being the first one after our Annual Exhibit, but I was still truly surprised to see a full 107 people sign in—Holy Moly! It had been raining for several days prior, and the predictions were for more rain starting late Sunday. But somehow we got in a good word with the rain gods for our day at Hood Canal, and it was perfect. Friday evening Larry Baxter and I took a hike on the two mile trail in the park just to see what was coming up. We saw quite a few good edibles which, of course, we left for the group the next day.

As usual Larry and I got down to the shelter in the dark around 6:30 a.m. Saturday morning from my house nearby and had to use flashlights to clean the shelter and start arranging things before it got light. Then a little before 7:00 a.m. Heidi, a park volunteer, came by with a small four wheeler and turned the power on and gave us extra garbage liners. We got a big fire started, which we

## CALENDAR

- Dec. 8 Membership meeting, cookie bash, slide show, and edible art contest, 7:30 p.m., CUH
- Dec. 14 Board Meeting, 7:30 p.m., CUH
- Dec. 15 *Spore Prints* deadline

## BOARD NEWS

Denise Banaszewski

The 2009 Annual Exhibit was one of our best attended and most successful shows, with approximately 1,800 people attending over the weekend. Thank you to all the volunteers and presenters for making it a great show!

In other news, we will be making a change to our website in the coming months, which is allowing only members to access our current *Spore Prints* issues. The Board agreed that it didn't make a lot of sense to give the general public access to our field trip information, which is a key benefit of membership. Make sure to remember the user name and password, which is only found at the top of this page (it's not in the electronic version). Speaking of membership, please remember that your membership will expire on December 31, so remember to renew! Membership will continue through December 31, 2010, for new members who joined at the Annual Exhibit, or to any others who joined this fall and were told that their membership would continue through 2010. Please be sure to come to the December meeting—we will be having a silent auction, an art contest (mushroom-themed art preferred but not required), a slide show, door prizes, and, of course, great food!

kept going all day. At one point in the early morning I looked over and counted 20 people circled around the fire. It felt really good.

Our host was Kitty Loceff. She and her husband have a cabin on Hood Canal, but way up at the extreme north end near Point No Point, a good hour and a half drive away. Kitty got there around 8:30 a.m. and soon had everything super organized. However, she did not anticipate the size of the gathering, and at one point had to make a trip into Belfair to pick up some more muffins, bagels, and goodies. Her efforts were definitely appreciated considering how rapidly all the edibles were consumed. I brought a coffee machine to refill the big PSMS coffee canisters when they emptied—and let me tell ya, we ended up making several more batches of coffee throughout the day. Thanks, Kitty. You did a great job!

At 10:00 a.m. I gave a brief introductory lecture about collecting in Washington State Parks, discussed proper collecting equipment and techniques, provided a handout, and distributed data slips to those who were planning to collect in the park. Off they went in all directions.

By the time of the potluck, all the picnic tables, including the benches, were covered with mushrooms. It's a good thing I had two knowledgeable ID people helping me. Both Larry Baxter and Marian Maxwell worked nonstop all day assisting people and writing specimen tags. One hundred and seventy one species were tabulated, and those were just the specimens collected from Twanoh State Park. There were many others that were collected elsewhere, but did not have specimen data slips with them. Thus, there were probably 200 or more species displayed on the tables. Many people found chanterelles within the park, both *Cantharellus formosus* and *C. subalbidus*, and one person found a Matsutake under Douglas Fir right near the parking lot. A ton of Lobster Mushrooms came in, but most were too far gone, and I spent a lot of time showing people where the decay was and what portions could still be salvaged.

Interesting or unusual finds included the snow white *Alboleptonia sericella*, the remarkable *Lepiota acutesquamosa*, and two collections of the obscure little purple, jelly-like *Ascocoryne cylichnium*. A couple of collections of the lovely bright-orange *Pholiota astragalina* also showed up, but clearly the winner of both the super fragrance and beauty contest in my estimation was the gorgeous, slimy, bright yellow *Cortinarius citrinifolius* smelling like ripe pears.

The potluck was large and good, and was certainly welcome after most people spent the day trudging through the woods. Our park ranger friend Stacy Czebotar recently had shoulder surgery and was unable to come over because her doctor did not authorize her to do any driving on her own. We missed her. She expressed her disappointment to me in an e-mail message, but for sure we'll see her soon when she's all healed. We often catch up with her when we go over to our place nearby throughout the year.

Since we had no obligations on Sunday, my wife, Pam, and I headed over to some of our favorite old chanterelle patches on the Tahuya Peninsula. We hadn't been back there in years and things had changed. However, I was still able to find my jumping off point to go way back in the woods—and low and behold, the chanterelles in our old area were everywhere and in their prime. We probably got about five pounds. I made a big pasta dinner on Monday with heaps of sautéed chanterelles in the sauce and froze the remainder.

Twanoh State Park was a great finale for the PSMS fall mushroom season this year, and I hope everyone enjoyed the field trips I put

together. I'm already planning some more hunting field trips on the east slopes of the Cascades for next spring, so stay tuned. Have a wonderful holiday season and a happy new year and as always—good collecting.

## LACK OF MUSHROOM EXPERTS IN UK IS CAUSING LIFE-THREATENING DELAYS IN TREATMENT, WARNS WATLING

www.dailymail.co.uk, Nov. 15, 2009

The professor who identified a toxic mushroom that left the author of the acclaimed novel *The Horse Whisperer* seriously ill has warned of a critical shortage of similar experts.

Nicholas Evans, 59, and his brother-in-law, Sir Alistair Gordon-Cumming, 55, fell ill after eating Deadly Webcaps [*Cortinarius rubellus*, formerly known as *C. speciosissimus*], which they had mistaken for harmless chanterelles. Both need 15 hours of dialysis a week to stay alive.

Now Professor Roy Watling says a lack of experts able to identify poisonous fungi is causing life-threatening delays in treatment.

The professor, 71—whose skills are still relied on by hospitals even though he retired ten years ago—said: “There should be people replacing me because I won't exist forever. To rely on me at my age is ridiculous.”

The two men picked the webcaps from Sir Alistair's estate near Forres, Scotland, in September last year. Soon after eating them they experienced severe stomach pains and were rushed to hospital.

Although Professor Watling correctly identified the species and advised on treatment, there was a two-day delay in contacting him.

He said: “If somebody had been able to identify them within a few hours of them eating it, or getting to hospital, maybe we would have been able to save their kidneys.”

Deadly webcaps, which have a reddish brown cap, are among the most toxic of the 10,000 species of mushrooms in the UK.

The number of UK fungal specialists—or mycologists—has declined by 90 percent since 1992. Dr David Minter, of the Royal Botanic Garden, Edinburgh, said: “It's an enormous problem.”

## POLICE STOP COUNTING AFTER DISCOVERING OVER 8000 ILLEGAL MUSHROOMS

WBIR.com, Nov. 13, 2009

State police say they have stopped counting after the discovery of over 8,000 illegal mushrooms being grown inside a home in Pulaski County, Kentucky.

Police say they were investigating the report of a meth lab at a home on Tank Pond Spur Road in the Eubank community in Pulaski County when they discovered the psilocybin mushrooms in the home of Keith Clark, 45.

Police said Friday afternoon that they have stopped counting after about 70% of the mushrooms were counted.

Clark is charged with second-degree trafficking in a controlled substance. He is being held in the Pulaski County Detention Center.



## THE HUNT FOR BLUE OCTOBER

Taylor F. Lockwood

October 2009

*These people must think I'm nuts.* I had just finished doing an evening presentation for a couple of clubs on the Olympic Peninsula, Washington, and, passing on dinner and a warm bed to sleep in, I headed into the darkness.

The target was Mount Rainier. Not the best time or place to look for *Polyozellus multiplex*, the “Blue Chanterelle.” However, considering that I was headed back to Florida soon, this would be my last chance for a long time. There had been vague reports of sightings around that area, so I was going for it.

That was on Thursday night, and my hunt the next day was fruitful in some regards but did not yield what I really wanted to find—*Polyozellus multiplex*. And the clock was ticking.

On both Saturday and Sunday I would be manning my table at the Seattle mushroom fair, and my return flight was on Monday morning. Sometime during the fair on Saturday, a volunteer and I were chatting. As the talk turned to my “hunt for this rare blue mushroom,” she said, “Oh, yes, I saw a lot of those up Frying Pan Creek trail.” My head was spinning. I had passed that trail just the day before on Mt. Rainier. The problem now was time.

There was no chance of going up on the mountain just before my flight on Monday. So the only possibility was to get up early Sunday, do the hunt, and return to Seattle and to the mushroom fair.

The alarm went off at 4:30 Sunday morning. There were plenty of java joints on the way to rev me up (it was Seattle), and I was off in the dark to the mountain.

By 7:00 I arrived at the trail, flashlight in hand. But *Polyozellus multiplex* appear black from the top and are not easy to find in the dark.

Though I found nothing by flashlight, the sun was coming up, making the hunt for black and blue mushrooms a little easier. I went up and down the trail for a mile or so as well as up and down the hillside to the left and right of the trail. And then, there it was: one beautiful clump of perfect “blue chanterelles” waiting for their cameo shot.

Back in Seattle I had cleaned out my camera storage card, and as I turned on the camera, it said “card empty.” Perfect. Lots of room to take lots of shots. But as I went for my second photo, it said “card full.” Yikes! I had forgotten to “empty” the trash. This could have been a disaster if it weren’t for the backup card in my case. Though it was almost full as well, I manually edited the photos on it to make enough room for a few shots. *Polyozellus multiplex* went from the “wanted” list to the “got it” list.



*Polyozellus multiplex*, the “Blue Chanterelle.”

Taylor Lockwood

By 11:30 I was back at the mushroom fair where I changed from my field to fair clothes in the bathroom. And as I shared the photos on my camera and retold the morning’s events, I was asked repeatedly, “What? That happened this morning?” At this point my job was to stay awake—not a problem with lots of talkative show goers and the kind of coffee that coded the computer world.

### Membership Dues are Due—Now!

\$25 family, \$15 students

Send checks, payable to PSMS, to

Ann Polin

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Brier, WA 98036



### MUSHROOMS THAT SMELL LIKE GARLIC OR ONIONS

Brian Luther

Think about any odor, and there’s probably a mushroom that smells like it—everything from a huge variety of fruity odors, some very distinct, to a wide range of unpleasant or disgusting aromas and everything in between. There are mushrooms, for example, that smell like ripe pears, apricots, peaches, citrus, pineapple, marzipan (benzaldehyde), yeast, bleach, cedar wood (pencils), radishes, cucumber or watermelon rind (farinaceous), anise, maple, fenugreek or curry, grape pop, bubble gum, coconut, zonal geranium leaves (*Pelargonium* sp.), gum drops, vanilla, peppermint, iodoform, green corn, raw potatoes, goats (hircine), beans (fabaceous), celery, honey, butterscotch, cheese, cinnamon rolls, gingerbread, spices, black pepper, warm milk, sourish milk, wine barrels, Hyacinth flowers, earth or compost, must, stink bugs (Pentatomidae), Vicks VapoRub, mothballs, resin, nitrogen (nitrous), iodine, metal, old shellfish, old herring, cooked cabbage, rotten cabbage, burnt rubber, vomit, sulphur, coal-tar gas or a carbide lantern, phenol or creosote, rotten potatoes, skunk cabbage, rotten eggs, carrion, and numerous other mephitic stenches, as well as the odor that is the topic of this article. Spoerke & Rumack (1994) devote a whole chapter just to mushroom odors.

The odor of some mushrooms is so strong that you can smell them in the woods before actually finding them. This has happened to me many times over the past 40 years, especially in completely calm woods, where the odor lingers. In particular, I remember several occasions when I’ve smelled the strong anise odor of *Clitocybe odora* var. *pacifica*, before seeing it. In Tennessee I could definitely catch a whiff of a number of different stinkhorns that came up in the woods before seeing them—they’re especially strong and repulsive! I’ve also been in the woods many times when I was unaware of garlic or onion scented mushrooms in the area until I stepped on them, which released their pungent aroma and made me notice them under foot.



*Clitocybe odora*

Jean-Pol Grandmont

One of the more distinctive odors found in some fleshy fungi is the “alliaceous” odor characteristic of the genus *Allium*, in the Liliaceae, which includes garlic, onions, chives, shallots, and leeks. Recently, I found an abundant fruiting of a fungus similar to *Gymnopus (Collybia) dysodes* on one of our properties which had a strong odor of garlic and onions, and this prompted me to research and write this article. I tasted a small piece of this collection when it was fresh, and it had a robust flavor of onion and garlic which, although not unpleasant, lingered in my mouth for hours after I spit out the sample.

It's interesting to consider the different interpretations of the same odor by different people—it can be very much subjective. I've found that people come up with slightly different explanations of mushroom odors, even from the very same mushroom specimen. Case in point, I find Roy Halling's comments under *Gymnopus iocephalus* to be quite amusing, considering the very different accounts given for the odor of this species (Halling, 1983, p. 32). Some say it smells like "sauerkraut," others liken it to "gunpowder," still others call it "garliclike" or "radishlike."

Geographic distribution, microclimate, habitat, and genetic strain will result in slight to significant variations in the chemicals that cause odors. These minor variations in specific chemical components contribute to the overall aroma and will greatly affect the interpretation of the odors by individuals. In addition, some people have trouble detecting certain scents or simply have far less sensitive and discriminating noses. Hence, we find the variations in odor interpretation given by Halling (1983) above.

Rapier et al. (1997) separated and analyzed the various chemicals in just one garlic/onion smelling species (*Marasmius alliaceus*) and found that there are a very large number of distinct chemical compounds that contribute to its odor. I likewise assume that to be the case for all of the other alliaceous smelling fungi. The chemicals found in most abundance were bi-, tri- and tetra-sulfurated molecules of octane, hexane, pentane, heptane and dimethyl sulphurated compounds, with many others adding a smell as well. So, we can't say that just one chemical is responsible of a mushroom's smell. Rather it's due to a broad mixture of numerous compounds.

In garlic, allicin and 2-propenethiosulfinate provide an initial odor. Allicin forms when the compound alliin (S-allyl-L-cysteine sulfoxide) mixes with the enzyme alliinase which happens every time you crush, cut, or disturb garlic bulbs. These two compounds are formed in separate areas of cells in the garlic cloves, but the more you cut, chop, grind, or press the garlic, the more enzyme is released to mix with alliin, producing more allicin which makes the aroma even stronger. However, allicin breaks down readily and combines actively with other molecules in the environment, producing a large number of other secondary compounds such as dimethyl disulfide, etc. The characteristic odor of onions is mostly due to thiosulfinates, but these readily decompose, forming propenyl disulfide and related compounds. Just for your interest propanethiol-S-oxide is a gas that forms only when you cut open fresh onions because you've mixed previously separate precursor compounds and an enzyme, just as with garlic. This gas then reacts with the water in your eyes to produce sulfuric acid which is what causes tears when you cut open an onion. Block et al. (1993) have also determined that many different compounds contribute to the initial odor of fresh garlic and onions; however, the odors were mostly due to "saturated and unsaturated thiosulfinates and related sulfanyl compounds," one of these with a strong fresh garlic odor being 2-propenethiosulfinate. So, as with the mushroom analyzed, the chemistry of the odors of these simple vegetables is not so simple at all,

Most mushroom guides provide information on the odors of the species they cover, but several references, in particular, have been very useful. Halling (1983 & 2009) gives the odors for species of *Gymnopus* (*Collybia*). Moser (1983) lists a number of European fungi with a garlic or onion odor, some of which are also found here. Other excellent sources describing the odors of mushrooms are the *Fungi of Switzerland* series by Breitenbach & Kranzlin (in several volumes), *Mushrooms Demystified* by D. Arora, and

*How to Know the Non-Gilled Fleshy Fungi* by Smith & Smith. The latter was especially helpful on obscure species, including false truffles.

Considering their odorous qualities, the question arises, can some of these garlic or onion smelling fungi be used for culinary purposes? Most references do not recommend gilled fungi (agarics) in this odor category as being edible. For many of the fungi that smell like this, there is little information in the literature on eating or preserving them, or for using them in seasoning. The actual edibility of many is simply not known. Making assumptions about their potential usefulness as food based solely on the fact that they possess a well known garlic or onion odor and flavor would be a big mistake, because we clearly don't have the whole picture. Many poisonous fungi have pleasant or recognizable odors that we associate with foods. However, some of the truffles or false truffles with this odor can be eaten. Refer to Trappe et al. (2007), who give their personal assessment of the degree of edibility for these fungi, ranging from "inedible" to "insipid" to "palatable" to "tasty" to "delicious."

Here's a list of the garlic and onion scented fungi that I gleaned from the literature, with some species being found here in the Pacific Northwest. There's even a species of *Hygrocybe* on the list (Boertmann, 1996). This is by no means a complete list, but rather a place to start.

- Alpova trappei*
- Amanita alliacea*
- Genabea cerebriformis*
- Genea arenaria*
- G. gardneri*
- G. harknessii*
- Geopora cooperi*
- Glomus microcarpum*
- Gymnopus* (*Collybia*) *confluens*—rarely with an onion odor, according to Halling (1983).
- G. contrarius*
- G. dysodes*
- G. iocephalus*
- G. polyphyllus*
- Hydnotrya tulasnei*
- Hygrocybe helobia*
- Leucangium brunneum*
- Marasmiellus subingratus*
- M. osmophorus*
- Marasmius alliaceus*
- M. copelandi*
- M. porreus*
- M. prasioemus*
- M. scorodoni*
- M. thujinus*
- Melanogaster tuberiformis*
- Micromphale brassicolens* (rotten cabbage & garlic)
- M. cauvetii*
- M. foetidum* (garlic with a fishy component)
- M. perforans*
- Rhizopogon ater*
- R. baxteri*
- R. parksii*
- R. subareolatus*
- R. villosulus*
- Thelephora palmata* (sometimes when young, but putrid when older)

cont. on page 6

## Onion or Garlic-like smells, cont. from page 5

*Tuber californicum*

*T. gardneri*

*T. gibbosum*

*T. lyonii*

*T. maculatum*

*T. oregonense*

Many of the truffles or truffle-like fungi I've listed above do not have "pure" alliaceous odors but much more complex aromas, wherein you can often detect a distinct garlicky or oniony smell as a major component of the overall scent. All you have to do is thumb through copies of Smith & Smith (1973) or Trappe et al. (2007) to see the variety of odors that truffles and false truffles have.

I really miss the descriptions Dr. Stuntz used to provide when identifying mushrooms. He was particularly good at nailing down a specific, hard to explain and often very peculiar odor. Once, (sometime in the early 1970s) in reference to a fungus brought in to him for identification, that I witnessed, he said very authoritatively, and without hesitation after sniffing it, that it smelled like "dirty gym socks."

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## RESIDENT'S MESSAGE

Patrice Benson

Last night the PSMS board met in the CUH boardroom with 13 of the 15 members in attendance. We worked through a long agenda of items with lots of serious discussion about the issues that needed

to be addressed. It took our entire Monday evening, as it always does the Monday after the second Tuesday each month. I would like it to go on the record that we have a fantastic group on the board who serve *you* the membership as volunteers. In December the board will also host the "Cookie Bash" which constitutes our December meeting. I would like to thank our board for all of their time and effort in serving PSMS.

Some of the issues that were resolved include decisions about the content of our website and which items should be password protected. The use of our website has changed both in terms of the general public and in terms of our content. We have our semi-annually updated roster password-protected in the membership area, and now we will be placing our bulletin, *Spore Prints*, behind our password to protect our current field trip and phone number information for those who pay membership dues. We may put the archive newsletters in the public space to share with the nonmembers, but that is still under discussion. We will be creating a new web server list for members only so that we can send reminders and updates to those who pay for membership.

We will be teaching another series of classes in the new year—another session for beginners and a new, intermediate class to begin the task of creating more identifiers for the growing needs of our mushroom community. The arts and crafts of mushroom dyeing and cultivation are also looking for times and spaces for classes.

Our Monday identification sessions, hosted by Hildegard Hendrickson, need more identifiers to meet the growing number of mushrooms and mushroomers who show up for ID on Monday afternoons and evenings in the atrium at CUH.

We will be purchasing a new digital projector as our workhorse Infocus projector for 8 years finally blew its bulb and melted part of the case.

Nominations for President, Treasurer, and six board members are under way. Please call Don Lennebacker or John Goldman if you have a nomination to fill one of these open positions.

Our membership year is January through December. New members joining after September 1 of this year enjoy a few extra months of membership and are covered until December 31, 2010. This is a reminder for all members to renew their memberships for 2010. The membership fee is due by January 15 in order to receive the February *Spore Prints* and vote in the elections.

I do hope that all of the current happy and productive volunteer members renew for 2010.

We have a great club!



## GUILTY VERDICT FOR MUSHROOM MURDERER

Nebraska News, Nov. 10, 2009

A Chadron jury found 26-year-old Joseph Hotz guilty Monday of second-degree murder and a slew of lesser charges—but not the first-degree felony murder charges prosecutors had been seeking for the death of Kenneth Pfeiffer, whom Hotz stabbed 51 times after a bad trip on poisonous mushrooms.

Hotz, dressed in a plaid shirt with dark slacks at the verdict reading, was also found guilty of second-degree attempted murder of neighbor Rolland Sayer, three weapons charges, and making terroristic threats. The murder charge has a maximum penalty of life in prison, while the rest are a certain number of years. Sentences for the weapons charges cannot be served concurrently.

Judge Brian Silverman allowed the jury consider a lesser murder charge in case the nine women and three men did not believe Hotz premeditated Pfeiffer's murder. Late last week, Silverman threw Hotz's defense team a major curveball, tossing out their defense of not guilty by reason of insanity. Silverman didn't think hallucinating on drugs fit the insanity defense.



## DRESS MADE OF FUNGUS...COULD BE THE NEXT BIG THING **Tessa Hoffman**

*Melbourne Leader, Nov. 9, 2009*

Bio-artist Donna Franklin gets all maternal when she talks about the dress she made from fungus.

"It's my baby," she says of the orange bracket fungus she hand raised in a petri dish in a university lab, reared on blended potato, and then grew on silk for three months until fashioning it into the adult-sized dress.

The growing Fibre Reactive gown is now in a perspex case at RMIT Gallery and one of 12 works in an exhibition there exploring the convergence of art and science.

"It's only three years old, it's still quite young," said Perth-based Franklin, who studied "bio arts" during her master's degree in contemporary arts.



Like all mothers, she has experienced the pain of a child flying the nest: another of her fungus dresses in an Italian gallery will never get home due to quarantine laws.

Franklin said her work was inspired by a desire to bridge the worlds of nature and fashion. "I was trying to bring something we use every day together with something alien to get people thinking about where their clothes come from.

"I always had a fascination with the biological world. For my honours (degree) I grew wheat into fabric," she said.

Franklin said she once donned her Fibre Reactive dress, which has a suede-like texture. "It felt cold and really solid, like armor."

Not content to stop at fungus, her latest creation is a fabric from wine and bacteria which is "red, spongy slimy like plum skin."



## RCMP SAY DEATH LINKED TO "MAGIC MUSHROOMS" **Keith Powell**

*Revelstoke Times Review, Nov. 16, 2009*

RCMP are cautioning residents about consuming psychoactive mushrooms following the sudden death of a 24-year-old man at Halfway Hot Springs last week. The popular natural hot springs is located up a forest service road that branches off of Highway 23 about 75 km south of Revelstoke.

Dieter Eggers, 24, of Taylor, B.C., had been traveling in the area with a friend when they stopped to visit the popular natural hot springs.

Nakusp RCMP report that Eggers and his friend had spent a few hours at the springs on the evening of Nov. 8 when Eggers suddenly stopped breathing.

The friend then tried to resuscitate Eggers by using CPR for about 30 minutes. He then left the area and drove along the highway until he reached an area with mobile phone reception. Eggers was dead when emergency services responders arrived.

A press release from the Nakusp RCMP says preliminary results of the autopsy "indicate the cause of death may be linked to the consumption of what was thought by the individual to be 'magic mushrooms' or psilocybin mushrooms."

An Interior Regional Coroners Office spokesperson said that an autopsy had been completed but results from a toxicology test could take weeks.

At this time, it's unknown if Eggers' death was influenced by so-called magic mushrooms, another type of mushroom perhaps mistaken for one, or by another substance added to the mushrooms.

"Although police have not yet been able to determine the origin of the mushrooms suspected to be linked to this death, police are urging everyone to avoid consuming anything that is believed to be 'magic mushrooms' or psilocybin mushrooms as there may be poisonous substances being sold as 'magic mushrooms'," stated the Nakusp RCMP in a press release.

The RCMP say foul play has been ruled out, but an RCMP investigation continues to determine the origin of the mushrooms.



## WILD MUSHROOM RAVIOLI

**Zeller Westbrook**

*Peninsula Daily News, Nov. 18, 2009*

To celebrate the release of the movie "New Moon," the second installment of Stephanie Meyer's Twilight vampire series set in Forks, chef David Sellers of the Bella Italia restaurant in Port Angeles reveals his heretofore secret recipe for wild mushroom ravioli—the dish served to Bella and Edward on their first date.

For the home chef, making ravioli from scratch is more about mastering the technique than having special tools. The recipe calls for chanterelles which are abundant on the Olympic Peninsula, but oyster or shiitake mushrooms are farm-raised and widely available. The "bescamella" is more of an improvised cream sauce. Feel free to substitute your own.

For the ravioli:

- 4 cups all purpose flour
- 4 large eggs
- 2 tablespoons water
- 1 tablespoon extra virgin olive oil
- Pinch of salt

Heap the flour and salt in a mound and form a "volcano" by making a wide indentation in the center.

You will be pouring the liquid ingredients into the center and begin stirring with a fork, gradually incorporating more flour from the sides as you mix, until the dough becomes too stiff to stir with a fork.

Continue kneading by hand until the dough is smooth, resilient and springs back at a touch. Add more or less flour as needed.

Refrigerate covered for 1 hour.

*cont. on page 8*

On a clean, flat surface, roll out the dough into an even, thin sheet. Keep plenty of flour around to keep the dough from sticking, but do not let it get too dry or incorporate any dried bits of dough.

The aim is to trim the rolled out sheet into two even rectangles, spoon the filling into evenly spaced mounds on one sheet, brush a little beaten egg yolk in between the mounds, then lay the second sheet of dough on top, gently pressing around the filling to seal the sheets.

Cut the pasta between the mounds with a paring knife to form the ravioli squares.

You may “indent” the edges with a fork to seal them.

In a large pot of boiling water, cook the ravioli until they float, about 3 to 5 minutes.

Drain, toss with sauce and serve.

If you wish, when making the filling, withhold some of the mushrooms, parsley, and Parmesan to garnish the plates.

*For the filling:*

2 to 2½ pounds chanterelle or oyster mushrooms  
2 tablespoons finely minced shallots  
1 tablespoon chopped fresh Italian parsley  
1 teaspoon dried oregano or Italian seasoning  
Grated zest of 1 lemon  
1 cup grated Parmesan cheese  
Salt and pepper to taste

Heat a large sauté pan with a small amount of olive oil and cook the cleaned and sliced mushrooms, shallots, dried seasoning, and garlic for 5 to 7 minutes or until mushrooms appear done.

Add the Italian parsley, lemon zest, salt, and pepper.

Drain the liquid thoroughly from the mushrooms in a strainer and cool.

In a food processor, mince the cooled mushroom mixture and combine with the grated Parmesan in a mixing bowl and set aside.

*For the sauce:*

3 cups cream  
¾ cup white wine  
1 tablespoon finely minced shallots  
1 tablespoon finely minced garlic  
½ teaspoon nutmeg  
½ cup grated fontina cheese  
Salt and pepper

In a heavy-bottomed sauce pan, heat a small amount of olive oil and cook the garlic and shallots for about 30 seconds, stirring constantly.

Add the white wine and cook until reduced by half. Add the cream and nutmeg and cook until slightly reduced, about 4 to 5 minutes.

Add the fontina cheese, continually stirring until combined and sauce is slightly thickened.

Salt and pepper to taste.

*Bella Italia owner Neil Conklin and chef Dave Sellers show off their wild mushroom ravioli.*



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