

From: Pikes Peak Mycological Society <PPMSmail@gmail.com>
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The Newsletter of the Pikes Peak Mycological Society

VOL. XXVI1

ISSUE 1

MONTHLY MEETING:

WHEN? Monday, April 29

WHAT TIME? 7:00 PM; the meeting will come to order at 7:30

WHERE? Pikes Peak National Bank, 2401 W. Colorado Ave. (across from Bancroft Park). Enter at the door on Colorado Ave. just west of the bank door. There you will find stairs and an elevator. You may use either. The room is on the second floor near the head of the stairs.

PROGRAM: The program for April features Dr. Roy McCanne, a Professor Emeritus of Education at the University of Southern Colorado in Pueblo. He has produced and marketed a number of videos that focus on the scenery, birds, flowers, and animals of Colorado such as *Colorado Mountain Tour*, *Sangre de Cristo Trails*, *Wet Mountain Trails*, and *Seven Special Places to See in Colorado*. I recently met Roy on a wildflower hike and asked him if he would produce a video that shows us some beautiful places to find mushrooms in Colorado. He graciously agreed and will show us his special production at our monthly meeting! So please come and join in the excitement as we kick off the 2002 mushroom season!

Club News: by Bob Noyd

The Board met on March 25th to discuss activities for the upcoming year. Esther Price, Lee Barzee, Dan and Caren Lacey, Ilse Stratton, and I discussed club forays, monthly meetings, programs, membership participation, and the general health of the club. The slate of officers for the club for the 2002 season include continuing service with Ilse as secretary, George Davis as newsletter editor, Pat Gustavson as Librarian and Caren Lacey as treasurer. I expressed concern that there was not a Vice-president last year to take over programs for the monthly meetings this upcoming year and that I need a break and cannot continue to find speakers or make presentations for this season. The bottom line is that the club needs members to step forward and participate in many small ways to keep the monthly meetings going for May, June, July, and September.

It's difficult to develop a program from scratch, so we brainstormed program ideas for members to choose from. Ideas included using resource materials from NAMA, mushroom article reviews, mystery mushroom of the month, or recipe sharing. Last year's surveys indicated that members enjoyed show and tell and other types of educational programs. At the April meeting, we will distribute a survey asking members to tell us what activities they are willing to do for the upcoming season. Please help out in some way to make this a great year of mushrooms, friendship, and fun for everyone.

PLEASE PAY YOUR DUES:

In accordance with the By-laws, dues, in the amount of \$15.00, are due and payable on or before the April monthly meeting. Please pay at the meeting or mail the payment to PPMS, PO Box 39,

Colorado Springs, CO 80901-0039. Your prompt attention to this helps us know how many members we will have for the coming season and how we can best serve the needs of our membership.

NOTE: Jim and Barb Provci and Steve and Cheryl Bates have already mailed in their dues!

Fake meat made from fungus now sold in U. S. by Bob Noyd

From the Associated Press in the March 3, 2002 Gazette

Washington -- Fake meat that is made from fungus, but looks and tastes like chicken, has arrived in U.S. supermarkets. In Europe, the meat substitute rivals soy burgers and similar products in popularity.

Known as mycoprotein, it is marketed under the trade name Quorn, pronounced Kworn, and made into a variety of products, including chicken-like nuggets, lasagna, and fettuccine Alfredo – there is even an alternative to ground beef, called “grounds.”

“It’s wonderful as far as consumers are concerned,” said Leslie Bonci, a nutrition specialist who first tried mycoprotein in a London restaurant. “It’s a lot of protein for a minimal amount of calories and 3 to 4 grams of fiber.”

Scientists found the fungus growing on farms west of London in the 1960s and discovered that its long strands could be made into a product that mimicked the fibrous tissue of meat. The fungus is now grown through fermentation, mixed with egg and flavorings and fashioned into imitation chicken or beef.

Introduced into Britain in 1985, it is now eaten in one in 20 British households and is sold in six other European countries. It arrived in U.S. stores in January after getting approval from the Food and Drug Administration.

If anyone has had the opportunity to “taste test” this product, let me know your assessment of it and I will report it to the club. Editor

Mushrooms and Global Warming: Based on an article in the Christian Science Monitor by Peter N. Spotts.

(Thanks to Doris Bennett for drawing this article to my attention). Editor

Scientists may be misjudging the response by mushrooms and tiny soil organisms of the planet to global warming. The belief that the warmer the climate became the greater the release of carbon dioxide would be may be flawed. A team of scientists at the University of Oklahoma conducted a test on a plot of artificially heated soil for a year and found that although more carbon dioxide was released in summer the total released over the course of a year was unchanged. It was thought that the amount of CO2 released would double with each 10 deg. C. that temperatures rose. Instead, they found that fungi and soil organisms adjust quickly to the higher temperatures without an increase in CO2 emissions.

“Combined with additional data suggesting the prairie grasses in the heated plots thrived under the additional warmth, the study also suggests that the world’s grasslands may soak up more CO2 than they emit”, according to Linda Wallace, a plant ecologist at the University of Oklahoma....

Given the vast amount of fungi that exists in the soil, only a small portion of which produces the fruiting bodies that we are familiar with, the foregoing report is of intense interest.

Taking this new, fresh look at the factors that enter into the complex model used to forecast the future health of the planet as it grows warmer gives rise to the possibility that although ecosystems will change they may not change to the catastrophic levels we once feared. And, tiny mushrooms and other fungi will play a pivotal role in the planet’s health.

Finding Mushrooms: by George Davis

I have been asked by several of our new members where and how to find mushrooms. That is both an easy question and a hard question. The formula for finding mushrooms is simple. Season + rain + habitat + luck = mushrooms. The trick is to learn which mushrooms grow in which season and what habitat they require. Mushrooms are a lot like people; some mushrooms like to be in the company of their own kind while others are quite content to be alone, some like to live in the warmer climates and others prefer the changing seasons of the northern climes. When you learn when and where to find them you should also learn if they are gregarious or not. Morels are gregarious as are chanterelles. However, the morel is a spring mushroom while the chanterelle is, generally speaking, a late summer into fall mushroom. Most any good mushroom book will tell you the habitat and season for the various kinds of mushrooms but the information might have to be adjusted for this area. "Mushrooms of Colorado" is a very good field guide for all of

Colorado. Not only does it give you some idea of when and where to look, it also helps in the critically important task of identifying the mushrooms when you find them. Always, make certain that the mushroom you are collecting is indeed the mushroom you think it is.

There is no better way to learn than being in the company of experienced hunters to both find and identify mushrooms. If there are not enough organized foraging trips being conducted, talk to some of the experienced club members and see if they are going out and if they have had any recent success. They will be happy to tell of their exploits but they are unlikely to tell you where they found mushrooms. If they are willing to take you along the next time they go, and most of them would be more than willing to have you go along, then you will learn more in one day than you will in an entire season of book reading and hunting on your own. Strangely, mushroom hunters are more likely to take you with them than they are to tell you where they go.

Bits And Pieces:

Item: According to the long-range weather prognosticators El Nino is back and we can expect wetter weather at sometime in the future. That bodes well for mushroom hunters. However the prognosticators are also saying we will have a hotter and drier summer than usual. If that prediction is correct, mushroom hunters in this area may have plenty of time to spend reminiscing over great seasons of the past and looking forward to great seasons of the future.

There have been two reports of mushroom sightings already this season. Glenn Lorang reports fruitings of *Pleurotus* beginning to emerge on a stump in his neighbor's yard. I understand that Glenn also recently bought a flashlight, I don't know if these events were related or not. The second sighting was of three Shiitakes emerging from the soil in our garden. Last year I bought a Shiitake log and I couldn't spend enough time tending to it to get it to fruit so I buried it in the garden. The other day I spotted three nice sized Shiitakes growing in the area where I buried the log. Oh well, that's something anyway.

Recipe for April 2002:
Fresh Mushroom Soup

- 3 tablespoons butter, margarine, or olive oil
- 3 tablespoons flour
- 2-1/2 cups regular-strength chicken broth 1-1/4 cups milk
- 1/2 pound (use domestic or wild fleshy) mushrooms, minced in food processor
- 3 tablespoons chopped parsley
- juice of 1/2 lemon
- 2/3 cup whipping cream or half and half salt and freshly ground pepper
- 1/4 cup whipping cream, whipped, with a sprinkling of toasted slivered almonds, for garnish (see note)

Microwave butter or oil in 3 quart casserole, uncovered, on High 30 to 45 seconds. Whisk in flour. Whisk in chicken broth, milk, mushrooms, parsley, and lemon juice. Microwave, uncovered, on High 7 to 8 minutes. Whisk in cream; heat 1 to 2 minutes. Taste and season with salt and pepper. Serve with a dollop of whipped cream and a sprinkling of almonds. Makes 4 servings.

Note: To toast the almonds, place 1/2 cup slivered almonds and 1/2 teaspoon butter in a small dish or measuring cup. Microwave, uncovered, on High 2 to 3 minutes

Nutritional Value of Mushrooms

Many myths have been spread about mushrooms. One of the most inaccurate is that mushrooms have no nutritional value. To properly consider them for their nutritional benefits, they must be viewed from a dried weight perspective. And mushrooms give you maximum nutritional benefit only upon cooking. Mushrooms are relatively high in protein, averaging about 20% of their dried mass. Further they contribute a wide range of essential amino acids. Low in fat (between .3 and 2%) and high in fiber, mushrooms also provide several groups of vitamins, particularly thiamine, riboflavin, niacin, biotin, and ascorbic acid. Now that research is confirming that many of these species also stimulate the human immune systems, mushrooms are clearly becoming the gourmet health food of the 21st century. Fungi Perfecti

The Pikes Peak Mycological Society, a nonprofit organization dedicated to the advancement of mycology, publishes Spore-Addict Times monthly from April through October. Membership is open to anyone wanting to study mycology. Annual dues are \$15 for individual and family memberships. Submissions of ideas, articles, reviews, letters, artwork and recipes are welcome.

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