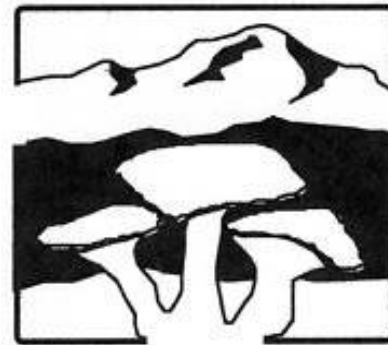


Spore-Addict Times



The Newsletter of the Pikes Peak Mycological Society

1974 – 2007

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MONTHLY MEETING:

WHEN? Monday August 27, 2007 – Note that the fourth Monday comes a little late this month.

WHAT TIME? 6:30 PM; the meeting will come to order at 7:00 PM on Monday, August 27, 2007.

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:

Our favorite naturalist, Ken Pals, returns this August with another bout of Mushroom Jeopardy. It sounds like fun, but, it is not easy! Better hit the books and bone up on some fungal trivia, so that you can help your team. Go fungiphiles!

PRESIDENT'S NOTES:

Now that the rains have returned we can look forward to more successful forays and chanterelles in the high country. Has anyone found a decent fruiting of boletes yet? I hear there have been a few.

There have been good rains around town, but my particular area had been passed by for some six weeks. Finally, over a three day period, we were blessed with over an inch of moisture, enough perhaps to encourage the lepiotas to show their little brown heads. It isn't summer

without them. Oh yes, last year's shitake log is fruiting again!

It was like telling tales around the campfire as we gathered in a circle to talk mushroom memories at July's meeting. Only problem was, we got a little long-winded, and only half of us got to speak. We'll do it again and hear the rest of our stories at another time. We made a pleasant discovery; it works very well to gather in a circle while studying a mushroom specimen on the floor – theater in the round.

We'll be looking forward to a report from the Overnight Foray to Buena Vista as well as other forays. Ken Pals will bring us Mushroom Jeopardy for the August meeting. Lee Barzee and I will bring snacks.

JULY 2007 MEETING RECAP:

Despite the disappointing types and quantities of mushrooms found so far, the July meeting was still a great success. Anticipation is running high, what with the active monsoon season, and the arrival of the rains.

As a meteorological, rather than a mycological, aside, several local weathermen have reported that this year has truly been unusual, as anyone who has spent much time outside can attest. The unique feature of this summer, so far at least, has been the persistent and extreme northerly track of the jet stream, which is often the boundary between warm air to the south of the jet stream and cooler air to the north of the jet stream. The consequence for Colorado and other neighboring states is that a **tropical** weather system has remained overhead of Colorado and has dominated our weather (hot

days with frequent showers). One meteorologist (Matt Meister of Channel 13) has even reported that the typical raindrops falling in Colorado during this summer, to date anyway, were significantly different in terms of their water content and bigger in terms of their size, than what we normally would expect here in the arid West, again due to the tropical weather pattern overhead. This trend is forecast to continue until the jet stream returns to its more usual southerly track. All of this is great for mushrooms, but it sure makes for some summer days more like those found along the East Coast.

Several forays were planned at the July meeting and details, where available, are reported in the **FORAY REPORT**, below.

Esther Price correctly guessed the Mystery Mushroom of the Month, along with several others. The Mystery Mushroom was *Mycena haematopus*.

Doris Bennett and Eve Hart graciously provided very enjoyable refreshments for the social time following our meeting.

As always, please send newsletter materials to Mark in time for publication in the newsletter (e mail: amburroughs@comcast.net or US mail: Mark Burroughs, 5806 Spurwood Court, Colorado Springs, CO 80918).

FORAY REPORT:

As discussed above, a somewhat atypical monsoon summer pattern is over Colorado, which should lead to mushrooms! The forays about which I received info are described below.

Foray #1: A group of 7 members led by Esther Price went to Rampart Range Road on August 3rd. Some Chanterelles were found, but Boletes were elusive.

Other Forays: Several other forays have taken place, but no foray reports about them have been received at press time. According to Esther, Lee Barzee reportedly found a *Tricholoma caligatum*, which she took to the fair in Denver. Also, an *Agaricus augustus* was also found (see one on the cover of Aurora's book)

Picnic: While it technically doesn't count as a foray, Bill and Jeannene Havelka, along with Mark and Aericha Burroughs,

ventured down to the Wet Mountains (Ophir Creek area – turn off Highway 169 at Forest Service Road 360) for a picnic on Sunday, August 12th. It seems that Bill and Jeannene visit the Wet Mountains every year on this date, so Mark and Aericha tagged along. Mushrooms were somewhat scarce, especially compared with last season, when they blanketed the forest floor. In addition, the Forest Service was doing some tree removal, so the usual "up hill" road (Forest Service Road 369) was blocked. It should reopen in about two weeks, according to some locals who were present.

Anyway, given the closure of Road 369, we decided to venture off on the nearby Forest Service Road 401 that goes up to Deer Peak for our picnic. This is where it gets interesting. Following our picnic, we drove a little further up Road 401 to see if elevation would make any difference in the mushroom crop. It didn't, but as we were stopped along the side of the road, pondering our next move, a couple drove up and asked us if we were affiliated with the Pikes Peak Mycological Society – what are the odds of that happening? We said we were, and the gentleman introduced himself as Jim Provcí, a member of our club! Jim and his wife live in Taylor, Michigan (you have probably noticed Jim's name on our roster and wondered what a Michigan resident was doing as a member of PPMS). Jim and his wife had journeyed out to Colorado for a few weeks, and there they were, in the middle of the Wet Mountains, along with us.

We chatted for a time, and Jim explained how the Michigan Mushroom Hunters Club (I know we would expect it to be "Hunters", but the card Jim gave me said "Hunters") operates. A surprising feature of their club is that they only have three formal meetings per year, but they also have some 50 to 60 forays, running from mid April through early November, which are all scheduled in advance of the season. Jim advised that getting out on forays is more appealing to their membership than having regular meetings.

Anyway, in case you would like to learn more about the Michigan club, Jim invited all to visit their website or to e mail him. The website

for the club is

www.sph.umich.edu/~kwcee/mmhc/. Jim's e mail is jamprov6@cs.com and his phone number is 734 927 5276. He reported that he had many good memories of his time with PPMS.

Buena Vista Foray: As addressed by Elsie in the President's Notes and in last month's newsletter, the overnight foray to Buena Vista and St. Elmo is scheduled for Tuesday, August 21st, with travel on Monday, August 20th. Friea Bradford (1 719 784 3838 or 429 5577) is leading the foray. She has spoken to the Pinon Court Motel (1 719 395 2433) about accommodations – just mention the Pikes Peak Mycological Society (mushroom club) when you call. This promises to be a very enjoyable event for all. A picnic bar-b-q is scheduled at the motel for Monday evening at 7 PM, and we will be underway for St. Elmo on Tuesday morning at 9 AM. Details and results will be reported at the August meeting.

OTHER CLUB INFORMATION:

Good news has been received about Midge Schultz. As many of you know, she recently went into the hospital for some tests – always a fun prospect. She reports that all went well, and that there were no serious or adverse findings. We are really happy to get this good news, and “Way to go, Midge!”

An important health tip was contributed by Eva Mattedi at our July meeting, but some may have missed this essential info. As we all know, antioxidants are good for us, and these antioxidants may be found in different foods such as tomatoes, red peppers and even dark chocolate, among others. Well, here is the rest of the story. Researchers at Penn State University have recently found that portobellos and creminis mushrooms rated as high as top ranked red peppers in antioxidant content.

Button mushrooms were not as potent, antioxidant wise, but they still beat out tomatoes, carrots and green beans, all well documented antioxidant sources. The researchers' advice: Eat a variety of mushrooms, along with your vegetables.

MUSHROOM RECIPES:

Now for the really good part – mushroom recipes. This month, Eva Mattedi contributed the following recipe.

Fungi

Preparation Time: 15 Minutes

Cooking Time: 15 Minutes

Serves: 6

3 Cups of Water

1 Tsp Salt

1 ½ Cups of Cornmeal

1 Tbs of Butter

½ Pound of Okra (Optional)

Bring the water to a rapid boil, add the salt and sprinkle cornmeal in slowly. Bring back to a boil, stirring constantly to prevent lumping (this is not easy). When well combined, add butter. Cover, remove from heat and leave for about 5 minutes, stirring occasionally. Serve HOT.

Hint: To get a smooth fungi, mix ¼ cup of cornmeal with ¾ cup of water. Add this to the boiling water, stirring constantly while adding to it. Let this cook until thick, then add the remaining cornmeal and stir with a long wooden spoon, so you may mash any lumps that appear.

Variations: Young okras or frozen okras may be added. Cut into small pieces and cook for a few minutes before adding the cornmeal. Garlic, meat, fish, vegetables or lime may be added.

Note: Fungi is done when it pulls away from the sides of the pot and has a stiff consistency.

Eva will be happy to provide you with more information, if needed.

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

PIKES PEAK MYCOLOGICAL SOCIETY
PO Box 39
Colorado Springs, Co. 80901-0039

President	Elsie Pope 596-4901
Vice President	Pat Gustavson 495-4344
Secretary	Don Pelton 634-0837
Treasurer	Frieda Davis 630-7140
Hospitality	Open
Foray Coordinator	Eva Mattedi 687-9848
Newsletter Editor	Mark Burroughs 594-9453 (amburroughs@comcast.net)
Assistant Editor	Aericha Burroughs 594-9453

MYSTERY MUSHROOM

The mystery mushroom for July 2007 was a *Mycena haematopus*, and it was correctly guessed by several people. Esther Price was picked as the winner.

MYSTERY MUSHROOM

For August 2007 - By Esther Price

I often have to be uncovered to be seen – do you know what a mushrump is?
I'm large and funnel shaped, and I have firm white flesh, which tastes disagreeable (all parts stain brownish in age).
And, my stalk is distinctly stubby – but this is not the end of the story.
Sometimes I am tarasitized by an orange fungus which transforms me into a popular edible.
Name this Genus species, plus the fungus parasite = ???.

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P.O. Box 39
Colorado Springs CO 80901-0039