

MONTHLY MEETING:

WHEN? Monday, June 23rd

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.

Program: Bud Bennett

The program for the June meeting will be about mushroom photography, by yours truly. Since joining the club I have been photographing mushrooms using both 35 mm and digital cameras. I have learned a few things along the way and have assembled a collection of do's and don'ts. The program will discuss equipment choices (35 mm and digital), what to carry with you, some technical stuff, and examples of mushroom photo mistakes and triumphs. Hope to see you there.

PRESIDENT'S NOTES: Bud Bennett

With the recent rains from a more "normal" weather pattern, I have been noticing more fungus fruitings around my neighborhood. So far, I have cataloged some *Suillus granulatus*, *Agaricus campestris*, *Coprinus micaceus* and *Polyporus arcularius* within walking distance of my home. Farther from home, I've been searching areas off Mt. Herman Road for morels. I have had limited success: two on one outing in early June, and fifteen during the June 14 foray with Pat Gustavson. It is beginning to look like a good year for mushrooms.

During the May meeting we decided upon the particulars of the PPMS T-shirt. Club members signed up for nearly 30 shirts, so we decided to order 48 shirts to have some for sale at the August Mushroom Festival as well as members who were not present at the meeting. The increased order will translate to cheaper prices - \$6.95 each for short sleeves.

Mystery Mushroom: Last month's Mystery Mushroom was a bit too non-definitive to allow certain identification. So we are doing it again, same writer but a different mushroom. The objective of the Mystery Mushroom is to get as many participants as possible but still have at least a medium amount of difficulty to identify the mushroom, which must be found in the Pikes Peak region. We want this little exercise to be fun and never do we wish to embarrass anyone. This month's Mystery Mushroom is on page 4. Remember, you must identify the mushroom to Genus and species. You may enter by e-mail if you cannot attend the meeting.

PLEASE PAY YOUR DUES

By-laws of the club state: "Members who have not paid their annual dues by the 15th of July will be dropped from the active membership list and will no longer be permitted to go on forays and they will not receive the monthly newsletter". Thank you to all who have paid their dues and to those who will before the deadline.

FORAY SCHEDULE AND RULES

We will be publishing the foray schedule with the leaders' names and phone numbers in the newsletter each month. To go on any of the forays simply call the leader to find out where and what time to meet. You must have your dues paid for the current year and you must have a signed liability waiver on file to go on forays. If you want to **lead a foray call George Davis at 630-7140** and I will put you on the schedule. Some forays will probably be to un-scouted areas and you may find only a pleasant experience in the mountains. Foray leaders do not guarantee success.

Schedule

*Lee Barzee	634-4715	June 24th
Frieda Davis	630-7140	July 11th
Esther Price	632-5880	July - 3rd weekend
Winnie Fairbanks	264-8719	Aug. - 2nd weekend

- Note: This foray is in search of snowbank mushrooms. Snowbankers are fungi that fruit in the receding snow bank moisture and sometimes may be found pushing up through the snow. By the time the snow banks are melted, most of the snowbank mushrooms are also withered and gone. They are not usually edible and are hunted for the pure joy of finding and identifying these unusual fungi. We go to Monarch Pass for an all day hunt and have dinner in Salida.

Mushroom Fair: Fountain Creek Nature center August 23, 2003 by Ken Pals

The Pikes Peak Mycological Society and El Paso County Parks are partnering again for the 6th year in hosting a Mushroom Fair, Saturday, August 23 from 10:00 a.m. - 2:00 p.m. at Fountain Creek Nature Center. This event will provide adults with opportunities for looking at and examining fresh and wild mushroom specimens, viewing exhibits and learning more about the fungi of Colorado. In addition there will be displays and crafts designed for the enjoyment of children as well. The public is invited to bring in specimens for identification.

There is a \$2 cost per person this year; members of the PPMS do not need to pay. The revenue will be used to enhance interpretation in El Paso County Parks. Please be sure to mark your calendar, pray for more rain and begin to spread the word about the fair. It is a great time and offers an excellent opportunity to learn more about our local fungi and to gain new members for the PPMS. Please give Ken Pals a call at 520-6745 (work) or at 471-0687 (home) if you would like to help with the fair. We need all members to contribute fresh mushroom specimens for identification and display.

Foray Report Graz Benda, Saturday May 31, 2003

A small group (5) of PPMS members ventured out on Mt. Herman looking for the evasive *Morchella elata*. We started out on the Monument side making several strategic stops along Mt. Herman road. At the second stop by the giant outcropping of rocks at an altitude of 8600 feet a sharp eyed Frieda Davis found a family of very small morels. I also found two *Suillus*. Subsequent stops were not very productive although I did find a few more for a total of 13 morels. Not everyone was so fortunate and we concluded that it was bit early. I revisited the same places on June 9 and found total of 7 morels - the same small family that Frieda found the first time were not there, or maybe I just could not find them.

Foray Report: Pat Gustavson Saturday June 14th

After meeting at the Red Rock shopping area a group of PPMS members headed up Ute Pass to Rampart Range Road. The weather was a perfect June day ...and hopes of finding those tasty delicious morels were strong. In the group were Sigrid Adams, Bud Bennett with his loyal dog, Lucky, Pat Gustavson, Christa Howard, and Willie.



(Bud Bennett with his prize morel - Photo by Pat Gustavson)

Suggestions by Esther Price and Jack Richards that these elusive mushrooms were more likely to be found in the valleys than their "normal" spots was appreciated. Morels, although not in great numbers, were found on the north slopes of the roads plus *Suillus*, *Agaricus*, *Cortinarius*, and some unknown species. At our last stop, on Mt. Herman Road, Bud Bennett located a prize specimen, a morel 4 inches high and it looked to be almost as wide, in perfect condition. Comments were made that the morel season may be longer due to cool weather. "Hope Springs Eternal"!!!

"Mushroom pickers need permit" Thus reads an article by Ellen Miller in the May 24th edition of the Rocky Mountain News. Ellen says "Mushroom hunters, possibly numbering in the thousands, will need permits from the U.S. Forest Service to pick in certain designated Western Slope areas." The article goes on to specify the fire areas involved and where permits can be obtained. There are many thousands of acres that burned last year and we have had a wet spring so maybe there are morels being found in the burned areas on the Western Slope. "A personal-use permit good for 14 days is free, provided gatherers bring out no more than **about two paper grocery sacks full of mushrooms a day.**" (Emphasis added by me). "A second 14-day permit can be purchased for \$20," Ellen continues. The article is very thorough and covers all the details a person would need to participate in the search. It is available from Dan Lacy who provided me with the "Heads-up" on this interesting bit of mushroom news or from me.

NOTE: The Denver club (CMS newsletter) scouted the Hayman burn area on May 18th for several hours at several locations and altitudes and found no morels. They were finding black morels in aspen groves at altitudes from 7,000 to 7,300 feet in other areas at that time. Personally, I think they were too early for *Morchella elata* in the areas they searched. by George Davis

Bits and Pieces

Did you know that of the top 17 stress relievers number 6 is “Hunt for mushrooms in the woods, but don’t eat them unless you have an expert determine they are safe. The colors, shapes, and varieties alone are worth the effort.” (From the Hope Heart Institute).

The morel season is a bit of a contradiction this year. The weather seems to be perfect, yet an abundance of *Morchella elata* are not being found. A fruiting of 5 morels were found near Old Stage Road on May 28th. They were too small to collect so they were left to grow larger. On June 13th they were still there, and although they had grown older, they had not grown larger by any appreciable amount. Maybe that is due to the cold weather at night in the mountains this spring. That seems to be defining the season. Foragers are reporting a respectable number of morels being found but they have to search over relatively large areas to succeed.



A little humor -, photo by George Davis

Morel Stroganoff (From the CMS Foray) Use dried morels rather than fresh (to get the stronger flavor). Reconstitute by soaking them in warm milk for 30 minutes. Use just enough milk to cover the morels. At first, the dried morels will float on the surface. Stir often to be sure they absorb the milk. Before using, squeeze them to release excess milk back into the soaking bowl. Strain (for sand and silt) and reserve the liquid for use in the following recipe.

Ingredients:

30-40 reconstituted morels, sliced in half lengthwise

½ large onion, julienned

2 Tbls. butter

1 tsp. teriyaki sauce

1 lb. of your favorite beef cut, sliced into thin bite-sized pieces

1-quart sour cream

Milk from the soaking bowl

2 Tbs. Marsala wine

Pinch of crushed rosemary

1 bag of egg noodles

Salt and pepper to taste

A few sprigs of fresh rosemary

Directions: In large saucepan sauté morels and onions in butter over medium heat until both are browned. Add the teriyaki sauce and the beef. Quick brown the beef, leaving the centers pink. Add the sour cream, soaking milk, Marsala wine and crushed rosemary.

Increase heat and bring to a boil, then reduce and simmer 20 minutes, stirring often. Meanwhile, cook the egg noodles according to package directions. Place the drained noodles on each plate, then ladle on the morel/sour cream sauce. Place a sprig of fresh rosemary on top as a garnish.

Morel Bruschetta (From Noel Damon)

1 Cup dried morel mushrooms

1 clove garlic

1/2 cup gorgonzola cheese, crumbled

French bread cut on diagonal into 1/2 inch slices

Butter for bread and cooking mushrooms

Salt and fresh ground pepper to taste

Toast bread. Cut garlic clove in half and use halves to rub one side of each slice of toast, then butter. Place morels in a small bowl and cover with hot water for about ten minutes. Squeeze morels to get out most of the water (can save and use in cooking). Slice mushrooms into thin pieces and then cut each slice into thirds or small pieces. Sauté mushrooms in butter for several minutes, mince the remaining garlic and add to the mushrooms and sauté for another two minutes. Place mushrooms on toast and sprinkle with generous amount of crumbled gorgonzola. Place under broiler just until cheese melts. Serve while warm

Mystery Mushroom by Graz Benda

I am a fleshy choice edible fungus. My size is something to marvel at (15-60 cm broad, 7-30 cm or more high). My flesh is white with wart like surface (buff in color). One of me can provide a nice meal for a small party. I can be found alone or with siblings under sagebrush, scrub oak or in a mountain meadow. I fruit in the spring and have no gills. The root like attachment at the base is not to be confused with a stipe. My spore mass is white when I am young subsequently becoming olive-brown with age. On average I have been estimated to contain 7 trillion spores!

WHO AM I?

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.

PIKES PEAK MYCOLOGICAL SOCIETY
PO Box 39
Colorado Springs CO 80901-0039

President- Bud Bennett487-8719
Vice President ...
Secretary- Ilse Stratton471-9573
Treasurer-Caren Lacy 636-1844
Foray CoordinatorChair
Librarian-Pat Gustavson 495-4344
Hospitality Chair
Newsletter Editor -George Davis 630-7140
e-mail: geoh.davis@att.net
Assistant Editor-Dan Lacy 636-1844
e-mail: MSBCBroast@wmconnect.com

**The Newsletter of the Pikes Peak Mycological Society VOL. XXVIII ISSUE 3 SUPPLEMENT JUNE 2003
THIS IS A SPECIAL SUPPLEMENT TO THE JUNE 2003 ISSUE**

**MINUTES OF THE PIKES PEAK
MYCOLOGICAL SOCIETY May 2003**

Bud Bennett brought the meeting to order with a very handsome morel gavel, which he had made himself out of Nigerian Ebony and Bolivian Rosewood. Very impressive, Mr. President!

The order of the meeting was changed, since this evening's guest speaker, Marilyn Shaw, had to drive back to Denver after her presentation.

No member came up with the correct answer to the Mystery Mushroom article. Graz Benda, the winner of last month's contest, will have to produce another Mystery Mushroom for June.

Several members brought guests and/or longtime absentees: Bud Bennett was accompanied by his wife Renee, Doris Bennett by her husband, and Christa Howard brought a new member, Willie Walker.

Marilyn Shaw, a good friend of the PPMS, who serves on the NAMA Toxicology Committee and is the primary consultant to the Rocky Mountain Poison and Drug Center for cases of suspected mushroom poisoning, gave a wonderful lecture with the title:

“Why people eat (the wrong) mushrooms.”

She presented case reports together with slides of mushroom species, which were involved in actual and suspected poisonings. All of the persons who had eaten the wrong mushrooms recovered. No fatal poisonings have been reported in Colorado except for that of a president of a small East Coast College who successfully committed suicide. I especially enjoyed the humorous titles of each section, such as “Divine Enlightenment” (It looks/tastes good, so it can't be bad), “The Expert” (“I've been eaten these all my life”) exposed, he mistook Stinkhorn eggs for truffles which were renamed “Kansas Truffles” in his honor in toxicology circles. Again and again, Marilyn was able to caution even the experienced collector, warn anybody not be overconfident, and make her point in an educational and very entertaining manner.

After a break during which we enjoyed Inge Adams' delicious cheese cake, a decision was made to order 36 Fungus Man T-shirts in Sand Color for club members who ordered them, and to have a few for sale at our Annual Mushroom Fair in August.

Several members had brought in mushrooms to look at and share – the drought might be over! A Thank-you note for a book the club had donated to the Cheyenne Mountain Zoo was read. One member had brought several copies of the “Taste for Life” magazine from Mountain Mama store with a feature article about “Medicinal Mushrooms”. Thank you!

One could feel the excitement of a great mushroom season, listening to the lively chatter of the departing participants of the evening.
Ilse Stratton

More Bits and Pieces: Casimir (Cass) Trzyna said his daughter heard a report on a Paul Harvey radio broadcast about a huge morel being found in Kansas. The report claimed that the morel was 1 foot tall and weighed 7 pounds. I also heard the same thing from another member. I could not verify the report on the web because they make available only the most recent broadcast.

I understand that it was found by a fella named Paul Bunyon as he was wandering deep in an old growth forest in western Kansas looking for his ox named Blue. The last part of this is an assumption

on my part and is not intended to detract from the authenticity of the report.
George Davis

A number of mushrooms have been found in recent weeks in a variety of places, which should bode well for the season. For example:

June 5 - *Agrocybe praecox* - by Esther Price in her compost heap.

June 6 - *Conocybe tenera* group, by Esther on Rampart Range Road

Hebeloma crustuliniforme by Lee Barzee on Rampart Range Road.

Psathyrella candolleana by Lee on Rampart Range Road.

Psathyrella kauffmanii by George Davis on Rampart Range Road.

Psathyrella longistriata by Lee on Rampart Range Road.

June 13 - *Agrocybe dura* by Frieda Davis in Bear Creek Park .

Peziza repanda by Liz Raz in Bear Creek Park.

Psathyrella (sp?) by Lee near tennis course off 21st St.

Our thanks to the hard work by Lee Barzee to identify these mushrooms. You're the greatest!

This article was written by that old purse-sniffer himself, Peter Holmes of Michigan Mushroom Hunters Club (September 1999)

During the annual Waterloo foray (now Fungus Fest) we find lots of great mushrooms. Big ones (can I eat it?), little ones (can I eat it?), sticky ones (can I eat it?), orange ones (can I eat it?), black ones (can I eat it?), tall ones (can I eat it?), heavy ones (can I eat it?), smelly ones (can I eat it?). You all know the feeling, you find this great looking mystery mushroom, patiently wait for the "expert" to look it over, note how the gills are decurrent, the stem has spots, the cap is sticky, you even learn its Latin name. But now the time has finally come for the real question to be answered ... can I eat it?

Here is the rub, often we don't know. For the last few months I have been searching through popular guides to determine the edibility of the 380 distinct species found at Waterloo Fall forays over 15 years. I realized that I had no idea if we found more poisonous than nonpoisonous mushrooms. I wondered if there were actually many mushrooms on the list that are edible.

Let's begin right here. I quickly learned that edible does not necessarily mean good to eat. Edible means that after ingesting the thing, you don't run to the lake screaming, jump in, and swallow a yard of shore land. Edible means that if you are going to need a liver transplant it probably wasn't the mushroom alone that did it. Edible means that no heroics are needed to permit one to actually swallow the mushroom after it has been fully cooked and seasoned and you have a bad cold. So what did I find?

Of the 380 mushrooms only 37 are clearly poisonous or hallucinogenic (2/37). Now poisonous also is a bit slippery and can mean anything from you wish you had died after you ate it to you wish you could have lived.

81/380 of the finds are inedible which means that after three boilings and beating the leathery thing with a stick for an hour or so you still failed to make the specimen chewable. Other reasons for inedible are that when fried it could no longer be found in the pan or when eaten it burned your tongue so badly that you could no longer taste the habanera peppers at the pot luck.

There were another 35/380 mushrooms that might be edible but look so much like bad guys that no author in good conscience (or counsel from an attorney) could permit a recommendation to eat.

For another 78/380 mushrooms there is no information - no one has been stupid enough to try it and see (or they died before they could make the important announcement). Now here is an opportunity for our club. We could be the ones to let the world know whether or not 78 mushrooms will kill you. Since your author will have to do all the recording of this information, I won't be able to join in on the

fun but I will sure let others know your last words (ha, ha, my little joke, sorry) about each one. So where are we on this? If we eliminate the mushrooms that are poisonous, hallucinogenic, inedible, cautioned against, and of unknown edibility, we still end up with 149/380 edible mushrooms or about 40% of what we find can be eaten. Of these 4 are considered awfully bitter (authors disagree), 2 are fishy, one is a bit peppery, 3 are slimy, 2 should not be taken with alcohol, and 8 are quite poor to eat. This year I will put culinary advice on all the mushrooms we find at Fungus Fest. Bon Appetite.



Amanita pantherina found on Gold Camp Road by Frieda Davis, June 13, 2003.