

Spore-Addict Times



The Newsletter of the Pikes Peak Mycological Society

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May 2010

MONTHLY MEETING:

WHEN? Monday, May 24, 2010 – The fourth Monday of the month.

WHAT TIME? 6:30 pm; The meeting will come to order at 7:00 pm.

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.

WEBSITE: www.pikespeakmushrooms.org/

PROGRAM:

Colorado Mycological Society member Karen Ryan will be talking about "The Creative Side of Mushrooms". Karen will be demonstrating the art of paper making with fungi from start to finish.

Christa Howard and Mary Fielder have volunteered to bring the goodies for the May meeting.

President's Notes: by Judy Willey

This has been the slowest, snowiest, coldest, and windiest spring I can ever remember. The only great part of this spring has been the pink and white apple blossoms. They have been the most spectacular I can ever remember. So there you are. Let's hope the next few weeks before our next meeting are warm enough to produce some fruitings so we can go on a foray. If not, I shall see you all at the next meeting.

New Officers:

Three new officers were nominated and elected at the April meeting. Elizabeth Augustyn is now Secretary. Eva Mattedi is Foray Coordinator and Tom Abbot is Vice-president. Their contact information is listed on the last page of this newsletter. Congratulations!

Upcoming Events:

The Ides of June – The annual Snowbanker's Foray is usually held around the middle of June. This is an all day event that includes a trip to Monarch Pass to foray for more exotic non-edibles.

The [NAMA 50th Anniversary Foray](#) is in Winter Park this August 12 through 15. A number of the country's top mycologists, professional and amateur, have agreed to attend and make presentations. You'll probably have difficulty choosing which to attend. One of the most important reasons to take part in these forays is the opportunity, even for novices, to learn from these experts. And, of course, you will be able to foray in carefully selected areas with knowledgeable leaders. If paid before June 15th, registration fee is \$150.00 plus room and board, if paid after June 15th, add \$35.00. If anyone is willing to share a room, let Frieda know. For more information check out these sites:

<http://www.namyco.org/events/index2010.html> and http://www.cmsweb.org/nama2010foray_info.htm

New Website Is Online

The PPMS website has been updated to be more informative and user friendly. Several pages have been added and there's a calendar of events showing scheduled forays and meetings. Here's a short description of the pages:

Home Page – this is similar to the old website, but some of the information now appears on other pages. The new club logo is proudly displayed in the upper left corner.

Membership page – gives a prospective member information about dues, membership benefits and how to go about becoming a new member of PPMS.

Contact Us page – provides the email and snail mail contact information. Club officers phone numbers are also listed. In addition, there is a statement informing non-members that the club will not make mushroom identification from photographs and suggests that they

join the club in order to get more help. Hopefully, this will cut down on the “junk mail.”

Newsletters page – provides information about the Spore-Addict Times and allows non-members to download some samples.

Meetings & Forays page – contains a calendar of events that will be updated with items of interest to PPMS members. More information about each event can be had by clicking on the event, which displays details and allows the user to visit a map showing the location of the event (if applicable). The right side of the page lists an archive of past foray reports, complete with photographs in some cases. This section will get larger as more reports are added.

Mushroom Gallery page – contains a few photos of mushrooms taken by club members. Hopefully, more photos will be added in the future.

Members Only page – is still under construction. You will need a password to access the page as it will have materials only available to dues paying members. If you have a good idea as to what should go into these pages send an email to PPMSmail@gmail.com

Gwyn Quillen's daughter, Amber Meola, put all of this together for us. It is quite a nice site and finally pushes us into the 21st century.

Photo Gallery:

Mike Essam took these photos last year. There is no attempt to identify them. They are presented simply for your enjoyment.





Stems & Pieces:

While you're about mushrooming

by Lee Barzee

(this article is a reprint from the May 1991 issue of the Spore-Addict Times)

Many detective-type folks look for clues to finding their favorite mushrooms by habitats, not just by con- road or contour maps. The focus of the spring meeting of the Colorado Mycological Society was "Identification of Trees and Who Their Friends Are." So too, our PPMS members can spruce up (no pun intended) with a review of tree and shrub identification and apply the knowledge to find mushroom associates.

Now the season is young, and trees are in early developmental stages. Some flowering plants may sprout blossoms before leaves; some may show last fall's fruits more plainly than their new growth. Others may be just bursting with both fresh little leaves and colorful flowering parts. But would you believe many folks simply don't notice these other plants when they're mushrooming?

What about the mysterious morels? Touted in all the journals, May is the month for them. Labeled the "Universal Mushroom" by one writer, Raymond Sokolov ("The Universal Mushroom," *Natural History*, December 90), whose interests are the history and preparation of food, they seem to be everywhere. His recipes sound great, but where are the raw ingredients--morels? We, of PPMS, traditionally aim at a morel foray. Let's think of habitats of morels, however precisely secret clues to where they live. My spring morels were found in ground covered by old aspen

leaves. Aspen in our area are accessible and well known. Others look for clues of cottonwoods or even apple trees to lead them to their prize. So, we foray further... but, detectives, what other plants do you recognize around your mushroom habitat? One you should know is poison ivy., Don't laugh! A certain club member won't. Poison ivy is not as difficult to find as morels are. Its genus name, *Toxicodendron* would be a clue, of course, if it wore a name tag. "Toxico-" means poisonous, and "dendron" means branches or fingers. Its habitat is frequently shared by people – often, oblivious people – looking for mushrooms. (Oblivious people may also get lost, but that's another story.) This plant is found in "gulches, hillsides on mesas and lower foothills, spreading into picnic areas," says Dr. William A. Weber in *Rocky Mountain Flora* (Colorado Associated University Press, 1976). It seems to have an affinity for disturbed areas, as picnic grounds, trampled stream banks, and trailsides.

In summer, poison ivy is readily recognized by its shiny three leaflets and often vine-like habit. But in springtime in the Rockies, this plant may be somewhat hard to spot. Described in a botanical key as a woody dicot, it does look like the little shrub that it is. The erect bouquet-like fruits are pale greenish-white, presented as a terminal cluster – a rather attractive bunch on a stiff stem. Birds like the fruits for food during winter. Nearly ubiquitous from Canada to Mexico and east to west coast, the effect of poison ivy contact has been known since the days of Captain John Smith – and variously described in primitive Indian cultures. Certainly the extreme dermatitis produced by the resinous oils in the leaves is familiar to most of us – and may encourage fantastic tales at the campsite! Actually, according to John M. Kingsbury in *Poisonous Plants of the United States*, only about half the human population is sensitive to an average contact with the poison. It is really an allergenic reaction rather than a poison.

All of the poison ivy plant is toxic all year. The good news is that it is physical contact with the poisonous exudate that causes the problem. Dr. Kingsbury, professor of botany and phytotoxicology at Cornell University says, "there is no evidence that unbroken leaves or stems give off any poison." It is true though, that some sensitive individuals can be affected by breathing the smoke of the burning plant. Chewing by insects may also provide an exit for droplets of

poison to the plant's exterior. So, sleuths, the best advice is avoid it, susceptible or not.

Folks on a mushroom hunt need to know more than the habitat of morels. Attention to other clues along the trail will guarantee "successful foraging and flavorful feasts," as David Arora wrote when he autographed my copy of his book, *Mushrooms Demystified* (Ten Speed Press, 1979). The difference between a true morel and a false morel is important. In Colorado, the latter mushroom is toxic and trouble indeed. *Toxicodendron* species can also cause trouble if you fail to recognize it in all its forms. Therefore, detectives, know the plants, the trees, the shrubs, and the morels, by all means (and clues).

Hair and mushrooms: The perfect recipe for an oil spill cleanup

April 30, 2010 at 1:01 pm by [Katie M.](#)

In November 2007, a cargo ship named *Cosco-Busan* accidentally hit the San Francisco Bay Bridge and spilled 58,000 gallons of oil, which then washed up onto the San Francisco beaches. In stepped Lisa Gautier and her nonprofit organization, Matter of Trust, with the solution to cleaning up the oily blobs on their beaches: hair and mushrooms.

"Hair mats" were invented in the early 90s by Alabama hairstylist Phil McCrory, who realized they were great for cleaning up petroleum spills. They were then used by Gautier and company to clean up the oil that washed up on the San Francisco beaches, and also utilized after a spill that occurred in the Galapagos Islands in 2000.

The organization collects hair from participating San Francisco salons and receives donations from all over the world. They then have the hair woven into doormat-sized shapes which have the look and feel of an S.O.S. sponge. According to Matter of Trust's website, "Hair can also be stuffed into tubes ("booms") made from recycled nylons, tied together to surround and contain a spill."

Where and why do the mushrooms come into play, you ask? The fungi will eat the oily hair and then detoxify the waste to create nontoxic, landscape grade compost. The oyster mushrooms used for the San Francisco cleanup were donated by Paul Stamets of [Fungi.com](#).

"The roots of mushrooms, called mycelium produce enzymes that unlock wood fibers, which

are composed of strings of carbon-hydrogen molecules in the form of cellulose and lignin. Similarly oil and most petroleum products are held together by similar molecular bonds. This studies if mushroom mycelium breaks these bonds, and then re-constructs the oil into carbohydrates, fungal sugars, that make up the mushroom's physical structures," says Stamets.

Currently, Matter of Trust is stepping in to assist in the current oil spill cleanup in the Gulf: The organization has a surplus of "booms" they're donating to cleanup efforts along the affected areas from the Gulf oil spill.

Iowa Looking for Morel Mushroom Experts

Three-hour class to get expert certification

Published : Monday, 03 May 2010, 3:16 PM CDT

DES MOINES, Iowa - State officials in Iowa are looking for mushroom experts to help certify prized morel mushrooms for sale to restaurants and grocers. Morel mushroom, like European truffles, are highly sought-after seasonal delicacies. Wild morels can be found for about \$30 a pound from mushroom hunters. Iowa adopted federal standards in 2008 that require morels to be inspected by a federally-certified expert before being sold. A shortage of experts has turned into a shortage of certified morels for restaurants and market. An emergency rule was adopted April 1 by the Iowa Department of Inspections and Appeals that permits Iowans to become certified morel mushroom identification experts in a faster and simpler process. The certification classes take three hours to complete. On April 1, Iowa took a step toward increasing its stock of certified morels with the creation of a three-hour certification program. Iowa State University is holding morel identification training classes. The cost of the three-hour course is \$45.

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. If you still have not paid, please pay at the May meeting or mail the payment to PPMS, PO Box 39, Colorado Springs, CO 80901-0039. Thanks!

What's Cookin'

Vegetable and Mushroom Pot Pie

Yield: 2 pot pies (2 servings)

Time: 2 1/2 hours, plus chilling and defrosting.

Ingredients

FOR THE MUSHROOM STOCK:

1 medium onion
3 medium carrots, unpeeled and cut in large chunks
2 garlic heads in their skins, cut in half horizontally
2 cup mixed dried mushrooms, well ground in a blender or food processor
1 cup white mushrooms, cleaned and trimmed
1/2 cup canned tomatoes, coarsely chopped
1 tablespoon butter, at room temperature
1 tablespoon all-purpose flour
1 tablespoon lemon juice
2 tablespoons Madeira
Salt and freshly ground black pepper

FOR THE FILLING:

2 tablespoons butter
1 pound wild mushrooms or cultivated exotic mushrooms
3 cups assorted vegetables that have been peeled, trimmed, and cut into 1/2-inch slices or dice, or very small vegetables (such as carrots and fingerling potatoes) left whole

FOR ASSEMBLY:

2 tablespoons finely chopped, of two to four of these fresh herbs: tarragon, parsley, chives, chervil
1 tablespoon truffle butter, chilled and cut into tiny pieces, optional
2 sheets puff pastry, defrosted in the refrigerator 2 to 3 hours before use, or according to the instructions on the package.
1 egg
2 tablespoons milk

Method

1. For the mushroom stock: In a large pot, combine onion, carrots, garlic, ground dried mushrooms, fresh white mushrooms and 10 cups water. Bring to a boil over high heat, then reduce heat to low and simmer uncovered for 1 1/2 hours; there will be about 4 cups. Pour through a strainer lined with cheesecloth, reserving stock and discarding the solids.
2. Return stock to the pot, and add tomatoes. Place over high heat and boil until reduced by half. Strain into a clean pot, and return to medium heat. Knead together the butter and flour, and add to the broth. Simmer for 5 minutes, and add lemon juice, Madeira, and salt and pepper to taste. Cool the stock by placing the pot in a large bowl of ice, then cover and refrigerate until well-chilled. May be refrigerated for up to 3 days, or frozen for up to 2 months.
3. For the filling: In a large sauté pan over medium heat, melt the butter and add fresh wild or cultivated mushrooms. Sauté until the mushrooms release their liquid, 5 to 7 minutes, and immediately remove from heat. Add the liquid to the chilled

- mushroom stock. Cover and refrigerate the mushrooms until well-chilled; there should be about 1 cup cooked mushrooms.
- 4. Bring a large pot of water to a boil, and set aside a large bowl of ice water. Cook or blanch vegetable one at a time until each is barely tender, about 10 minutes for fingerling potatoes, 5 minutes for whole baby carrots, parsnips or turnips. Leeks and squash do not need to be blanched. Remove the vegetables with a slotted spoon and place in the ice water to cool. When all vegetables are blanched and cooled, drain the vegetables, cover and refrigerate until well-chilled; there should be about 3 cups cooked vegetables.
 - 5. For assembly: Preheat oven to 400 degrees. Divide chilled vegetables and mushrooms between two 1-quart ceramic soufflé dishes about 6 inches in diameter and 3 1/2 inches deep. Pour 1 cup chilled stock into each dish; reserve any remaining stock for another use. Top each dish with 1 tablespoon chopped herbs and 1/2 tablespoon truffle butter, if using.
 - 6. Cut rounds of puff pastry large enough to overhang the dish by 1 1/2 to 2 inches. In a small bowl or cup, beat the egg with the milk. Brush the edge of each round with the egg wash, then invert and place on the dish so the egg helps seal the dish. The puff pastry should not touch the filling or it won't puff when cooked. Brush tops of pies with remaining egg wash. Place dishes on a baking sheet and bake for 25 minutes. Check to see if pastry is golden, and if necessary, bake 5 to 10 more minutes.
 - 7. To serve, run a sharp knife around the inside edge of each dish, lifting off the dome in one piece. Place the dome at an angle, top side down, and ladle the vegetables onto half the dome so they spill onto the plate like a cornucopia.
(Editor's Note: If any member attempts this recipe, let me know in advance and I'll be there for dinner.)



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.**

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April's Mystery Mushroom was *Phylotopsis nidulans*

MYSTERY MUSHROOM

By Mike Essam

I made an appearance the other day near Medano Pass in the Sangre De Cristo mountains at around 9000' elevation in a grassy meadow in fine sandy soil. I am a small, pale gray mushroom whose grooved, brownish stalk is 2-5 cm long. I emerge all covered in sand which eventually wears away to show off my 1-2 cm wide "cap" with sand covering my lower third (where my gills should be). I release rusty-salmon colored spores.

Who am I?

The Spore-Addict times is the official newsletter of the Pikes Peak Mycological Society (PPMS) and is published monthly April – October. All articles appearing in this newsletter may be freely reproduced, unless otherwise noted, for use in other newsletters provided the source and author are acknowledged. We consider this to be a reciprocal agreement for clubs that send their newsletter to us unless we are advised to the contrary.

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