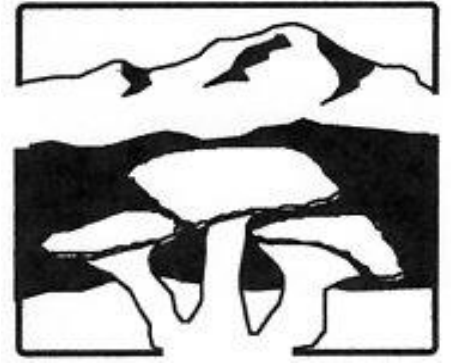


Spore-Addict Times



The Newsletter of the Pikes Peak Mycological Society

1974 – 2008

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October 2008

MONTHLY MEETING:

WHEN? Monday, October 27, 2008 – 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.

PROGRAM:

Our end of year program will be the traditional pot luck dinner and celebration of fellowship. There are no assigned dishes, so bring a main dish, salad, a dessert or whatever you wish to share with other members. Drinks will be provided, but please bring your own paper plates, flatware, and serving utensils.

President's Notes: by Elsie Pope

My last missive to the Society! We'll begin with a big "thank you" to Lee Barzee for arranging the special surprise program at the September meeting. What a way to end a rather sparse season of mushroom collecting – a tasting party! Didn't you feel as though you were at a TV studio? All that was missing was the television camera as our gallant chef, Chris Miller of Whole Foods, buttered and olive-oiled a succession of delicacies for us to sample. Chris, assisted by John Conway and Geoff Pyne started with a hot pan and an oil and stirred in a whole batch of chanterelles to be seasoned with an herb such as his own lemon-thyme blend or Whole Food's Tokyo seasoning with sesame seeds. A liquid such as wine, soy sauce, balsamic vinegar or water was added as the mushrooms cooked down to deglaze the pan. The scents were delectable!

Esther Price provided the only wild-collected fungi – her collection of chanterelles. We also enjoyed farm-

raised shiitakes and the wonderful Hen-of-the-woods. (My old Illinois mushroom book identifies it as a "leafy Polyporus" or *Polyporus frondosus*, a treasure of the autumn woods.) Whole Foods offers a good variety of fresh mushrooms from Hazel Dell in Fort Collins. I think I might buy a truffle for Christmas! We all enjoyed the palate cleansing fruit tray provided by Dennis Craig, and Margaret Gaffney's cider and fruit punch after the meeting.

Considering the poor pickings of the rest of the year, we enjoyed a good display of mushrooms on the back table. On my last foray I found and later enjoyed eating a prime specimen of *Gomphidius glutinosus*. Personally, I've found most of my mushrooms in my own backyard, and hopefully more's next spring. I've enjoyed a recent fruiting of *Flammulina velutipes* and rubbed the trimmings all over my old cottonwood stump that still supplies *Pleurotus* now and then.

A review of the year reminds us of the fine programs we enjoyed; Lee Barzee with spring mushrooms, Esther Price and her survival pack and foray rules, raconteur William Whatley, Elsie Pope with ecosystems and tree study, the over-night foray to the Sangres De Cristos and the Wet Mountains, our tasting party, and ending up with our annual potluck.

The highlight of the year for many of us was the study sessions with Lee Barzee. How fortunate we are to have such a learned leader to help us brush up on our mycological knowledge and learn how to use the keys to identification. Lee thanked the Society for the gift of our old slide projector which she will loan to us for a program when needed.

The Society wishes to thank all of you who gave of your time this year with programs, refreshments, forays and reports, and the monthly mystery mushrooms. We especially want to commend newsletter editor Bud Bennett. *Spore-Addict Times* has been especially entertaining and informative with the great color photographs. Thanks Bud!

Our annual October potluck dinner is as much a surprise party as September's tasting party. All of us

introduce our latest mushroom recipes, and even if we aren't talented in the culinary department we can bring some good breads or desserts. Do remember to bring back that library book that you forgot about! See you at the party.

FORAY REPORT:

September 26 – Bud & Renee Bennett were hiking in the Sangre De Cristos when they stumbled across a vein of Chanterelles that was about 10 feet wide by 20 feet long (See photo gallery). Most of them were a bit past their prime, but there were plenty that were in good condition. Unfortunately, there wasn't a bag available, so the contents of one of the backpacks was transferred into another so that the chanterelles could be safely transported down the hill.

FORAY SCHEDULE

There are no forays scheduled at this time.

Photo Gallery:



This vein of Chanterelles stretches as far as the eye can see.



Chris Miller, John Conway and Geoff Pyne, of Whole Foods, perform a cooking demonstration program at the September club meeting.



Chris kept two pans going simultaneously. This one appears to be shiitake in lemon and herbs.

Search for Officers:

A nominating committee was formed at the September meeting. The committee members are Eve Hart, Frieda Davis and Esther Price. An active club requires participation from members. These positions don't require a great deal of time of effort (with the possible exception of the newsletter editor...) If you would like to volunteer for any of the club officer positions please contact one of the committee members above.

Search For Photos:

Frieda Davis has graciously accepted the task of providing the first program of the April 2009 meeting. The program will entail a slideshow of mushroom photos showing off the new digital projector that the club recently purchased. She has asked for contributions. So if you have any digital photos of mushrooms that you would like to share, please email them to Frieda prior to the meeting in the Spring. The projector has a native resolution of 1024x768 pixels, but it will probably accommodate other dimensions as well.

Newsworthy:

Why the humble mushroom is being hailed as a superfood: By Angela Epstein – MailOnline

Mushrooms are easy to overlook in the so-called rainbow colors we are advised to eat to get a full range of nutritional benefits from fruit and veg. But research increasingly reveals why they are now qualified to join the ranks of so-called superfoods such as broccoli and blueberries. Numerous studies reveal that mushrooms may help reduce the risk of heart disease and cancer.

'Mushrooms may seem plain, but they really are a superfood,' says dietician Dr Sarah Schenker. 'They contain virtually no fat, sugar or salt and are a valuable source of dietary fiber as well as the five B vitamins thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6) and folate. 'They also contain the essential minerals potassium, copper, phosphorous and iron. 'Most significant among their mineral content is selenium, which you don't find in many fruit and vegetables.'

With more than 90 per cent water content, adding mushrooms to dishes such as stews can make us feel fuller without boosting calorie content. More than 2,500 different varieties grow in the wild, but until now most research has focused on the exotic types. Active antiviral compound lentinan, present in the shiitake, has been found to boost the immune system. The shiitake may also help lower blood cholesterol and reduce the harmful effects of saturated fat. The maitake is a rich source of beta-glucans, which have potentially anti-tumor effects. Even in small amounts, the tree ear - or wood ear - mushroom, can thin the blood, helping prevent heart disease and stroke.

The humble white button mushroom could also carry significant health benefits. Researchers at Pennsylvania State University found that just a handful has about 12 times more of the powerful antioxidant, L-Ergothioneine than wheatgerm and four times more than chicken liver, previously thought to be the best sources. L-Ergothioneine works on cell-damaging substances known as free radicals and protects the body's DNA from damage. As a result of this research, the university advocated that white mushrooms be elevated to 'superfood' status.

Meanwhile, Hanyang University in South Korea found mushrooms may lower the risk of breast cancer. Dr Schenker says most of us don't realise that mushrooms count as one of our five-a-day fruit and vegetables: an 80g serving provides one portion.

What's Cookin':

In the spirit of the upcoming Thanksgiving holiday we offer this tender morsel.

Mushroom Stuffing:

½ lb of mushrooms, sliced thinly.
1 medium egg, lightly beaten.
1 ½ cups of soft white bread crumbs.
3 tablespoons of melted butter.
2 tablespoons of minced chives.
2 tablespoons of chopped parsley.
½ teaspoon of dried tarragon.
½ teaspoon of salt.
Pinch of freshly ground white pepper.

Saute the mushrooms in the melted butter for about 6 minutes in a skillet over medium heat. Move the mushrooms to a bowl and add all of the other ingredients. Toss to mix.

A sad note...

Judy Willey's mother passed away in September. Our thoughts and prayers go out to Judy and her family.

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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The mystery mushroom for September was *Clitocybe nuda*. Out of 5 entries, all were correct. Freida won.

MYSTERY MUSHROOM

by Frieda Davis

The mystery mushroom contest will continue in April. Watch this space for further developments.

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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