

**From:** Pikes Peak Mycological Society <PPMSmail@gmail.com>  
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## Spore-Addict Times

The Newsletter of the Pikes Peak Mycological Society  
SEPTEMBER 2001

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### MONTHLY MEETING:

**WHEN?** Monday, September 24th

**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:** For Latin and Mushroom Lovers. Our very own Ilse Stratton will present the program. For details see the President's Notes.

### N\*O\*T\*I\*C\*E

This is a special newsletter edition. I will not be here in October to publish one so, as soon as you read this, mark your calendar: Monday, Oct. 22, 7:00 PM., same location as above.

**PROGRAM:** Put on your apron and whip-up something special because this is our famous end of the season potluck. You must bring your own plates, utensils, and serving spoon for your "dish to share". Membership in PPMS includes your family or significant other. The club will furnish coffee and juice.

### **PRESIDENT'S NOTES:** by Bob Noyd

What an exciting mushroom fair! I learned a great deal and marveled at all the mushrooms that Dennis and those on his foray collected on the Friday foray before the fair along with all those brought in by other members of our club. I met several people interested in mushrooms who were attracted to the fungi of this region, one from as far away as Seattle. Thanks to Ken Pals and all who contributed to making it such a great success.

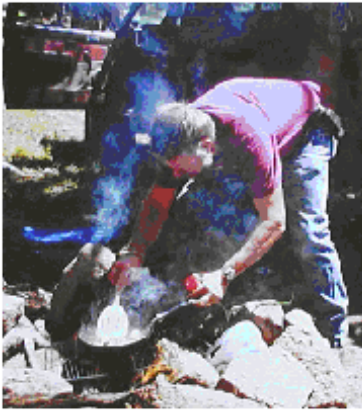
Have you ever wondered about those scientific names of mushrooms? How they were assigned? What do they mean? How they are properly pronounced? This month we have a great program for you, titled "Mushroom Names 101" presented by our club's secretary, Ilse Stratton. Ilse is an adjunct instructor of German and Latin at the University of Colorado at Colorado Springs and will teach us all we ever wanted to know about the Latin and Greek names of the familiar mushrooms we know. See you there.

### **FORAY REPORT:** by Ilse Stratton

The foray on August 24th, led by Dennis Craig was the one not to be missed! With the best intentions to be there, to learn more about mushrooms, to do my share as secretary of the club, and to collect many different types of fungi for our 4th annual mushroom fair, I had it marked on my calendar. But when the alarm rang on

that beautiful Friday morning, I didn't jump out of bed, I crawled, because I had been up until 1:30 a.m. cleaning and slicing mushrooms. My husband and I had collected tons of mushrooms in a different location on Wednesday and I was tired to the bone! What a great mushroom season we have had!

After deciding that I would not be able to focus on the curves on Gold Camp Road too early in the morning, I met the eager group of mushroom devotees, Dennis Craig, Brian Molanphy, Glenn Lorang, and Frieda and George Davis, at around 10:30 a. m., just as they were wrapping up their first roundup of great specimens for the fair, a few feet beyond the fork in the road where Old Stage Coach Road joins Gold Camp Road. In my own car I could make it up the next stop, the Wye Camp, where more exciting mushroom hunting and "for-the-fair-collecting" took place. Everyone's bags began to fill up with quite a few chanterelles, some boletes, and naturally, more mushroom specimens for the fair, when the decision was made that there would be no stopping until we arrived at a lunch



location. Then and only then, would the hunt go on.

My car stayed at the Wye, because only 4-wheeling would get us to "Frieda's Valley". And what a beautiful and fertile valley that is! Lunch came first, and for a special treat, Dennis, the expert mushroom chef and connoisseur, assisted by Brian, cooked up 5 different kinds of mushrooms for our special enjoyment. But that mushroom tasting only happened by George's determination and divine intervention, because all the ingredients for the cookout (fireplace, grate, spices, oil, butter, skillet -and plenty of mushrooms) were available -but nobody had thought of bringing along matches! The former boy scouts and survival specialists tried all kinds of techniques (rubbing sticks together and focusing the sunlight with a magnifying glass among them) when George recklessly tore the childproof top off a cigarette lighter and got a fire going.

The shouts of joy echoed in the forest as Dennis was able to coax the most delicious flavors out of mushrooms I would have never dared to taste without the help and support of experienced fungi seekers and friends. And I do have to admit that the mushroom pictured on the outside cover of Vera Stucky Evenson's *Mushrooms of Colorado*, *Tricholoma flavovirens*, is one delicious mushroom! I even tried some *Russula xerampelina*, which I would have never touched, let alone eaten by myself. The beautiful drive, the camaraderie, the cookout, and the mushroom tasting alone, were all wonderful, but the bountiful harvest of gorgeous boletes which followed in "Frieda's Valley" on a beautiful, rainless afternoon at above 11,000 feet was an unforgettable experience!

On the way up to an even higher spot with a beautiful view and a few more boletes and suilli (the plural of suillus, right?) we spotted fields of white gentians which I did not even know existed. The aching back caused by carrying and cleaning loads of mushrooms during the past two weeks were forgotten right then and there and certainly on the following morning when such a great variety of mushrooms could be displayed at the Fountain Creek Nature Center for the 4th Annual Mushroom Fair.

**NOTE:** *A New England Journal of Medicine (Sept. 13) article reports that a group in France claims that there have been 12 illnesses and 3 deaths they attribute to eating Tricholoma flavovirens in three consecutive meals. These cases, they say, took place from 1992 to 2000. The effect was rhabdomyolysis (destruction of muscle tissue) shown by muscle weakness, and in the deaths, destruction of heart tissue. Dr. Denis Benjamin said he*

*had been interviewed about the report and in his opinion the study was not well done, however, he felt that it was prudent to warn others to be cautious about eating this mushroom, especially in quantity or repeatedly.*

The foregoing is based on an e-mail alert from Marilyn Shaw (CMS and the Poison Control Center). This information was also reported on CNN. I do not know of any reports of severe illness or death associated with *T. flavovirens* in this country. David Aurora, *Mushrooms Demystified* states that "...a few people are adversely affected by it." Wild mushrooms of any kind should not be consumed in large quantities over short periods of time. ed.

## **2001 Mushroom Fair Spore-ific** by Ken Pals

If you wanted to learn more about fungi in the Pikes Peak Region, the 4th Annual Mushroom Fair at Fountain Creek Nature Center was the place to be on August 25th and 26th. A crowd of around 250 people participated, from youngsters making sculpt mushrooms to adults interested in mushroom identification and the culinary aspects of certain fungi. This year 94 species of fungi were identified, making the fair one of the best for number of specimens. Last year only 80 species were displayed. The fair is more than numbers however. An important message shared was that eating wild mushrooms could be a dangerous venture for the uninformed. Incidentally, several mushroom poisonings were reported by local hospital emergency rooms in Colorado Springs this summer. Some of the people poisoned apparently ate mushrooms that looked similar to edibles in countries the people immigrated from. Others simply ate mushrooms, thinking all were safe.

We need to give a big thank you to several Pikes Peak Mycological Society members for their extra help in making the fair a success. Dennis Craig led the primary foray for collecting specimens for the fair. Lee Barzee, with assistance from Dennis Craig, Frieda and George Davis, served as species identifiers. Pat Gustavson and Anna Vaughn assisted by Winnie Fairbanks and Glenn Lorang were hosts for the hospitality table over the two day period, sharing information about the PPMS and the many books in the society's library and signing up new members.

The fair wouldn't mean much to the general public without interpreters and we thank Freia Bradford, Dennis Craig, Frieda Davis, George Davis, Winnie Fairbanks, Ken Pals and Ilse Stratton for sharing their knowledge and stories regarding the natural



History of fungi and the particulars of individual species. Lee Barzee, our local authority for mushroom identification was, as always, indispensable to the success of the fair. We thank all of you who helped to promote the fair and those who helped out in one way or another. Please accept our apologies if we have overlooked anyone. The fair couldn't happen without the partnerships of everyone working together and the partnership between El Paso County Park's Fountain Creek Nature Center and the Pikes Peak Mycological Society.

## **Imagine a World Without Fungi** by Ken Pals

Fungi are decomposers and can be called the "death and decay" of this world. They literally reverse life processes. Maybe for this reason many people have little appreciation for mushrooms and other fungi. But without fungi planet Earth would be extremely different and perhaps uninhabited.

As decomposers, fungi play important roles. One role is that of parasite. They invade and sometimes kill other living things, especially trees. Parasitic fungi are a bane of the lumber industry. It can be assumed that

cavity nesting birds would not have a place to nest were it not for parasitic fungi softening the wood so woodpeckers can make a cavity. Woodpeckers, nuthatches, chickadees and bluebirds are just a few birds that indirectly owe their existence to this type of fungi.

Another role is that of saprophytes, the fungi that live on and decompose dead organic matter (wood, duff and dung). Imagine what it might be like walking through a forest so thick with dead branches, trunks and leaves that nothing else could grow. Or wading through animal wastes that never decompose. Without fungi, this might be the way the forest would be!

A third role of fungi is what is called a mycorrhizal association. This is a mutually beneficial relationship between fungi and plants. The mycelium (fungal roots) connects to the roots of plants. The host is able to obtain nitrogen, phosphorous and other nutrients from the fungus, which might otherwise be unavailable. The fungus receives moisture, food and, in some cases, protection from the plant. It is known that over 80% of the world's plants have mycorrhizal associations with fungi. A number of plants are unable to grow without mycorrhizal association. The lushness of our environment can be credited to fungi.

The next time you meet someone with a lack of appreciation for fungi, consider with them how different our planet would be. Fungi are essential to the life cycle of every living thing on Earth.

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### **NOTICE**

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**Margaret Breth - 687-8510 lost a gold chain with a gold medallion in the Wet Mountains on August 15. She is offering a \$200 reward for its return.**

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## Recipe of The Month

Here is an excellent way to use some of those wonderful Chanterelles you harvested this year. This recipe comes to us from Ilse Stratton.

### **Tortellini Chanterelle Broth (serves 4):**

12 oz fresh spinach and ricotta tortellini.  
5 cups chicken stock.  
5 Tbsp. dry sherry.  
6 oz fresh Chanterelle mushrooms, trimmed and sliced (or ¼ cup dried).  
Chopped fresh parsley, to garnish.

Cook the tortellini according to the package instructions.  
Bring the chicken stock to the boil, add the sherry and mushrooms and simmer for 10 minutes.  
Strain the tortellini, add it to the stock and serve.

I have tried this and it is wonderful. We couldn't find the fresh spinach tortellini so we settled for Portabello tortellini -  
Wow