

# Spore-Addict Times



The Newsletter of the Pikes Peak Mycological Society

1974 – 2009

Vol. XXXV

ISSUE 6

September 2009

## MONTHLY MEETING:

**WHEN?** Monday, September 28, 2009 – 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:** <http://www.pikespeakmushrooms.com/>

## **PROGRAM:**

"Mushroom Facts and Fun" to be presented by Lee Barzee, Judy Willey, Esther Price and Frieda Davis. Each presenter will talk about a different aspect of the nature of fungi.

Goodies after the meeting will be provided by Judy Willey and Don Pelton.

## **President's Notes:** by Judy Willey

Fall is coming on fast and fun. Our Clyde foray on August 31 was encouraging and wet. We (Esther, Dennis, and I) endured a rime followed by sunshine. After a lame start at the campgrounds, we drove to the reservoir gate. On the way back down, we did a slow "drive-by" foray. Spotting a plethora of amanita muscaria, we combed the east side of the road at the campgrounds. We hit the jackpot of boletus edullis. Our drive down Gold Camp was slow but worth it. We saw a flock of turkeys, two deer, and a stellar steller's jay ending a stellar day! Now that's a rhyme. I hope to see you all at our next meeting.

## **FORAY REPORT:**

Jim Provcí – Travelled all the way from Michigan to visit Durango, South Fork and the Wet Mountains and reports that there is nothing fruiting anywhere.

Freida Davis – On August 22nd five courageous members drove high up into the mountains in search of anything that looked like a mushroom. Dry conditions all over Colorado were reported but the absence of moisture did not dampen their spirits and hopes. Surprise, surprise! About 10 *Boletus edulis* were found (mine was not wormy!) in addition to *Russula xerampelina*, *Tricholoma vaccinum*, *T. vergatum*, *T.saponaceum*, *Agaricus silvicola*, *Laccaria laccata*, *Hygrophorus erubescens*, *Lactarius repraesentaneus*, *Ramaria* sp, and others. There was even a black morell!. Will September bring us much needed rain?

Freida Davis – A foray on August 31st yielded a variety of species. More than a dozen boletes and other edible mushrooms were gathered by five enthusiastic members. Dennis Craig certainly knows where to find them! Species not previously found or reported included *Coprinus plicatilis* (see the picture on page 2), *Catathelasma* (probably *imperiale*), *Armillaria ostoyae*, *Tricholoma leucophyllum*, *Geastrum* sp .and what I believe was a *Hysterangium* sp.

Bud Bennett – The Sangre De Cristo mountains have been barren of mushrooms all summer long. I have been hiking nearly every week from 8,000 feet to over 11,000 feet and there are no significant fruitings anywhere along the trail – just a few puffballs and an occasional *Pholiota squarrosa*. It is the worst year since I move here.

## **FORAY SCHEDULE**

There are currently no forays scheduled. Members will be alerted to future organized forays via email or phone.

## Photo Gallery:



Judy Willey sent this photo of *Coprinus comatus* found near Bishop's castle.



New member Stan Southward sent this photo of a *Phallus impudicus*, or Stinkhorn, outcropping.



Dennis Craig: As near as I can ID, it's a *Coprinus plicatilis*. I found it on our foray on Mon 8/31/09, just off 4 Mile Rd between Rainbow Valley and Hwy 67 to Cripple Creek. It was a grassy area on an old 2-tracks rd in the woods, taken with my iphone camera.



A club member finds a cache of chanterelles back in August. It appears to be Esther Price.

## Bits & Pieces:

### The Mighty Mushroom

From <http://www.mylocalhealth.com/>

There has been much ado about eating colorful produce for health. While it's true that deep color is an indicator of phytonutrients; that might lead you to believe mushrooms, especially the white button variety, may pale in nutritional comparison. Not so. Turns out mushrooms are a very good source of a number of nutrients; for example, selenium. They contain more of this immune-enhancing mineral than any other form of produce. They are also a good source of B vitamins, including riboflavin and pantothenic acid.

The button is the most widely available and least expensive mushroom variety. Research published in the Society of Chemical Industry's Journal of Food and Agriculture cites that the humble white has as much anti-oxidant properties as its more expensive rivals, the maitake and the matsutake mushrooms - both of which are highly prized in Japanese cuisine for their healthful benefits including lowering blood pressure and their suggested ability to fight cancer.

As the days become shorter, it's also good to know that mushrooms are the only veggie with vitamin D. About five white button mushrooms provide 15 IU of D (or 4% of the daily recommended value).

### National Mushroom Month

September is National Mushroom Month.

### From Wikipedia:

**Língzhī** (traditional Chinese: 靈芝; simplified Chinese: 灵芝; Japanese: *reishi*; Korean: *yeongji*, hangul: 영지) is the name for one form of the mushroom *Ganoderma lucidum*, and its close relative *Ganoderma tsugae*. *Ganoderma lucidum* enjoys special veneration in Asia, where it has been used as a medicinal mushroom in traditional Chinese medicine for more than 4,000 years, making it one of the oldest mushrooms known to have been used in medicine.

The word *lingzhi*, in Chinese, means "herb of spiritual potency" and has also been described as "mushroom of immortality". Because of its presumed health benefits and apparent absence

of side-effects, it has attained a reputation in the East as the ultimate herbal substance. Lingzhi is listed in the [American Herbal Pharmacopoeia and Therapeutic Compendium](#).

Lingzhi is a [polypore](#) mushroom that is soft (when fresh), corky, and flat, with a conspicuous red-varnished, kidney-shaped cap and, depending on [specimen age](#), white to dull brown pores underneath. It lacks [gills](#) on its underside and releases its [spores](#) through fine pores, leading to its [morphological](#) classification as a [polypore](#).

*Shen Nong's Herbal Classic*, a 2000-year old medicinal Chinese book, considered today as the oldest book on oriental herbal medicine, states "The taste is bitter, its energy neutral, it has no toxicity. It cures the accumulation of pathogenic factors in the chest. It is good for the Qi of the head, including mental activities... Long term consumption will lighten the body; you will never become old. It lengthens years."

Depictions of the Reishi mushroom as a symbol for health, are shown in many places of the Emperors residences in the [Forbidden City](#) as well as the [Summer Palace](#). The Chinese goddess of healing [Kuan Yin](#) is sometimes depicted holding a Reishi mushroom.

### Mix & Match

Which items on the top match to items on the bottom?

Top

1. Mellow Mushroom
2. Mother Mushroom
3. Avena Fresh
4. Mega Mushroom
5. Mushroom Bill
6. Armageddon at the Mushroom Village
7. Mushroom Cloud
8. Infected Mushroom

Bottom

9. Vietnamese Blogger
10. Computer Game
11. Charleston Restaurant
12. Israeli Trance Band
13. Atom Bomb Effect
14. Late Season Legislation
15. Commercial Mushroom Grower
16. Musical Satire

Answers at the bottom of Mystery Mushroom.

## What's Cookin'

### Lentils and mushroom soup, by Giuseppe Turi

(Giuseppe Turi is the owner of Enoteca Turi, Putney - winner of the Best Italian in London, Harden's Guide.)

- 250g Castelluccio or green lentils
- 1 small carrot, finely diced
- 1 stick celery, finely diced
- 1 small onion, finely diced
- 120g girolles (preferred) or other mushroom
- 5g dried mushrooms
- 1 bouquet garni of rosemary, thyme and sage
- 3 stems parsley, leaves only
- 16 cherry tomatoes, quartered
- Salt and pepper to season
- 5tbs olive oil
- 2 cloves garlic, whole

Sauté diced veg in 2tbs olive oil until they begin to colour. Wash lentils, no need to soak, and add to sautéed veg. Add 1 liter water, bring to boil and let simmer - will take 30-40 minutes depending on lentils. Add dried mushrooms and bouquet garni. Check lentils every 10 minutes. After 20 minutes it may need extra water.

### Grilled Cajun Mushrooms

½ cup of olive oil.  
¼ cup of balsamic vinegar.  
Juice of half a lime.  
1 teaspoon of Cajun seasoning.  
½ teaspoon of black pepper.  
8 oz of Crimini mushrooms, cleaned.  
8 oz of oyster mushrooms, cleaned.  
Wooden skewers, soaked in water for one hour.

In large, non-reactive bowl, combine the olive oil, balsamic vinegar, lime juice, Cajun seasoning and black pepper. Toss the mushrooms with the vinaigrette, then thread on skewers. Prepare your grill and preheat to medium-high. Grill the mushrooms on top rack, turning occasionally for 3 to 4 minutes or until the juices are beginning to be released and mushrooms are slightly charred.

### Hot Mushroom Turnovers

- 3 3oz pkg cream cheese, softened
- butter or margarine, softened
- all-purpose flour
- ½ lb. mushrooms, minced
- 1 large onion, minced
- 1 t salt
- ¼ t thyme leaves
- ¼ C sour cream
- 1 egg, beaten

Early in day: In large bowl, with elec. mixer at med speed, beat cream cheese, 1/2C butter and 1 1/2 C flour until soft dough forms; wrap dough in waxed paper; chill at least 1 hr. In med skillet, in 3 T butter, saute mushrooms and onion until tender; blend in salt, thyme, and 2 T flour; stir in sour cream; chill.

On floured surface, roll half of dough in 15 inch circle (about 1/16" thick); cut into twenty 2 3/4" circles. Roll scraps into ball; chill.

On one half of each circle, place teaspoonful of mushroom mixture. Brush edges with egg; fold other half over filling; with fork, press edges together; prick tops to let out steam; place on ungreased cookie sheet. Repeat with rest of dough, scraps, filling. Brush with egg; cover; chill. About 20 min before serving: Preheat oven to 450 deg F. Uncover turnovers; bake 12 min or until golden. Makes about 50.

### Quick Kale & Mushroom Saute

- 1 tbs olive oil
- 1 tbs minced garlic
- 1 tbs soy margarine (optional)
- 8 oz. oysters or chanterelles
- 4 cups kale, tightly packed
- ¼ cup water
- 1 tsp tamari (a kind of soy sauce)
- 5 cherry tomatoes, quartered
- salt and pepper to taste

Heat olive oil on medium in a 4 1/2 q sauce pan. Add garlic and margarine (if used) and saute until garlic is lightly browned. Add veggies and stir 15-30 seconds, making sure not to burn the garlic. Add water, tamari, salt and pepper and cook another 5 minutes, stirring often. Add tomatoes and cook another 5 minutes on low. Serve immediately. Try serving over couscous as a meal.

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	Judith Willey 471-8329
Vice President	Drew Hart 597-3251
Secretary	Don Pelton 634-0837
Treasurer	Frieda Davis 630-7140
Hospitality	Martha Zenger 277-7067
Foray Coordinator	Esther Price 632-5880
Newsletter Editor	Bud Bennett (719)783-9209 (PPMSmail@gmail.com)

August's Mystery Mushroom was *Gomphidius glutinosus*

## MYSTERY MUSHROOM

by Judy Willey

I am a shameless tart. I resemble a morel but, remember, beauty is only skin deep. I am attractive to flies who lay their eggs on me and then carry my yellowish spores to distant lands. I am well known for my prominent shape and smell. Catch me early and you can eat my Witch's eggs.

Who am I?

Answers to Mix & Match: 1-11,2-9,3-15,4-10,5-14,6-16,7-13,8-12

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.

**Spore-Addict Times**  
**P.O. Box 39**  
**Colorado Springs CO 80901-0039**