

Spore-Addict Times



The Newsletter of the Pikes Peak Mycological Society

1974 – 2010

Vol. XXXVI

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September 2010

MONTHLY MEETING:

WHEN? Monday, September 27, 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:

Esther Price will talk about, "Whitebark Pine, an Ecosystem in Peril" followed by a CD from NAMA "Who is my Daddy" by Michael Beug.

Eve Hart and Doris Bennett have volunteered to bring the goodies for the meeting.

President's Notes: by Judy Willey

Where did summer and the rains go? Very dry out there and no signs of mushrooms (fresh, that is). The weather has been wonderful. Hope you all are enjoying these Indian summer days.

I have an update on the Phallus impudicus. It does NOT brake glass jars. Tried one and it didn't work. And, it seems, they are showing up the the Garden of the Gods. My friend described them as "having chocolate on top". I didn't tell him what it really was. Phew!

I also would like to bring to your attention a medical fact that I discovered after my talk on nutrition. If you take a statin drug such as Lipitor, Zocor, Crestor, Pravachol, and Vytorin to lower cholesterol, you could be deficient in CoenzymeQ10, a precursor for the production of ATP (adenosine triphosphate). Remember studying the Krebs cycle in chemistry?

NO? Well, it is the ever cascading biochemical path to energy, i.e., ATP in every cell. Statins block CoenzymeQ10 production. Muscles can be damaged thus causing myalgia or muscle pain. This fat soluble vitamin has show to benefit some neurological disorders as well Chronic Fatigue Syndrome patients have low levels of CoQ10. It is also being used to treat cancers, migraines, and tinnitus. Besides supplements, it is found in liver and heart for those of us who like that sort of organ meat.

I look forward to the next meeting and hearing about our adventures in the foraying world.

Foray Reports:

August 12-15 – Nama Foray in Winter Park. See articles elsewhere in this issue.

August 21 – Foray with Judith Willey. Tom Abbott, Elsie Pope, Esther Price, Willie Walker, and I explored Four Mile Road off Hwy 67 heading to Cripple Creek. We found *Russula xerampelina*, *Lactarius deliciosus*, *Lactarius repraesentaneus*, *Cortinarius croceus*, *Lactarius controversus*, *Leccinum insigne*, *Pholiota squarrosa*, *Russula emetica*, *Cortinarius anomalus*, and *Cortinarius glaucopus*. We preceded on to Gold Camp Road and down to Clyde. There we all found a bounty of *Boletus edulis* among the beautiful *Amanita muscaria*

August 26 – Foray in the Sangres/Wet Mtns. Four intrepid members met in Westcliffe and decided to foray in the Wet Mtns instead of the Sangres, which had not received as much rain in the past few days. Most of the hunt was for *B. edulis*, which were plentiful, but there were quite a few other species about. The other edible found was *Lactarius deliciosus*. *Clavaria purpurea* and *Ramaria* sp. were relatively abundant as testament to the amount of recent moisture. It was a very productive day with each PPMS hunter rewarded with many pounds of Boletes by noon! On the way back to town we

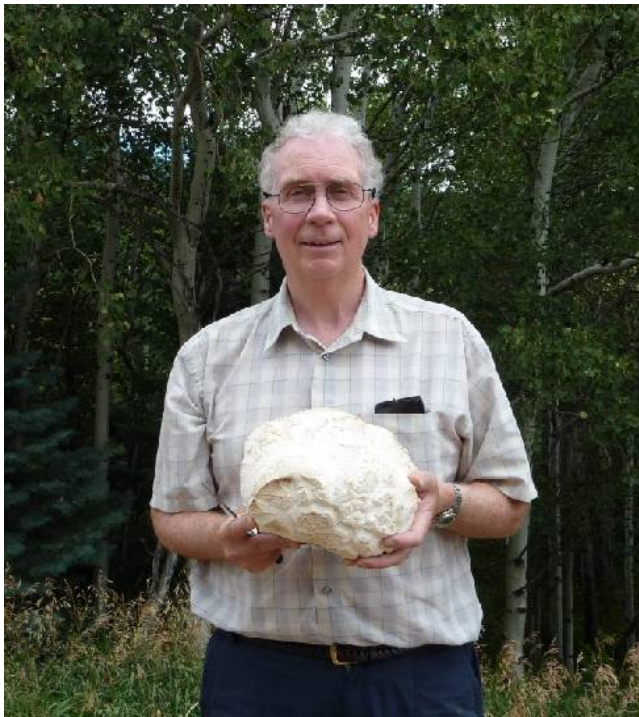
stopped at two spots that looked “chanterelly” but did not find anything.

Last Month:

Frieda, Judy, Eva, Elizabeth, Esther, Ashley, Pat G. and a new member, Debra Fenton, gave the program. We all submitted photographs of mushroom we found and gave identification for each.

Welcome new members Carol Bilbrey, Terry and Trish Gilmore, and Mo Morrow.

Photo Gallery:



Bud Bennett found this *Calvatia booniana* during a scouting foray in the Sangre de Cristo Mountains. It weighed 4 pounds!



***Peniophora rufa*. Found on a stump during the foray on 28 August.**



Gwyn Quillen is holding a *Agaricus amicosus* during one of the NAMA forays. She does not wish to be lost - note the GPS around her neck.



This was identified as *Boletus reripes*. Note the bright blue staining in the tubes. Photo from Freia Bradford.

Thanks for all of the photos that members sent in this month. There were too many to put here, but I will post many of them on the website soon after the September meeting. If you have more photos send them to me at PPMSmail@gmail.com. Bud.



Martha Specht sent this photo of unidentified, but beautiful, fruitings on a dead tree.

Stems & Pieces:

50th NAMA Foray In Winter Park

by Dan Lacy

The 50th Anniversary NAMA annual foray, held in and around Winter Park, was one of the most exciting mycological events of this year. The event was a huge success and PPMS club members who were able to escape lower altitude obligations August 11th through 15th for a mushroom binge were not disappointed. PPMS members who attended included Lee and Brian Barzee, Freida Davis, Esther Price, Annette Campbell, Martha Zenger. and the Lacys, Dan and Caren. The event venue was Snow Mountain Ranch, a beautiful and sprawling YMCA property able to host groups of over a thousand people. NAMA chose Colorado and Snow Mountain Ranch on a previous occasion and decided to return for their 50th anniversary. That's because the Colorado Mycological Society did a wonderful job preparing for the event, and also because there are usually mushrooms to find and study in the high country this time of year. Not always of course, but usually.

So, thanks CMS for allowing us to go to the party you prepared; it was lots of fun with much to learn.

We saw many longtime CMS friends like Vera Evenson, who secured the presence of some of the most respected mushroom professionals in the US. She also brought us many talented amateurs with very highly developed skills and knowledge. all graciously shared with the rest of us.

The programs were diverse again this year. Hot topic in 2010; the science of DNA as applied to mycology. We were shown what it is, how they do it, and how it applies to life forms including mushrooms. Amazing stuff. There were also presentations on toxicology, medicinal mushrooms, mushroom ecology, fungal diversity and other mushroom associated presentations and workshops. Authors of almost all modern field guides were there, a great place to get personal copies autographed. There were multiple forays each day. Many species found.

Looking back however, I think the most valuable experiences came in the opportunity to see and hear what's new and exciting in the world of mushrooms, and the opportunity to make new friends in a field we all enjoy so much.

My hope is that they will come again and also that more PPMS members will be able to attend.

Annette Campbell Wins NAMA Award

By Annette Campbell

I was lucky to be able to attend the NAMA foray this year in the Winter Park area, at Snow Mountain Ranch. I had been to the '97 foray at Copper Mountain Resort and the one in '83 when we collected in Rocky Mountain National Park(special permit). Those earlier ones were wonderful and full of great seminars, outings and so many interesting people, and this one was more of the same.

At the opening ceremony, Ed Lubow, the CMS president, announced a new little contest, to encourage thorough collecting, and have a little fun, as he held up the shining prize. For the first time, and to celebrate the 50th anniversary of NAMA, points would be given for

new Genus and/or species for the Colorado list brought in to the identifiers during the foray. Of course all collections had to be labeled and written up properly for posterity, and to give credit to the collector. What fun!



Annette Campbell holds the "Stump the Experts" award at the NAMA foray.

A lot of very enthusiastic people headed out the next morning to lots of different areas. There had been 1 to 1 1/2 inches of rain around Winter Park the week before, and there were plenty of fungi to pursue, although some places were quite dry.

Our first foray (Lee, Brian, Esther, and me) was a bit disappointing, but it was beautiful out in the woods. We returned to the ranch for lunch, rest, and then another hunt. In order to work around the seminar schedule of all the fabulous presenters, we decided to stick to short local jaunts right on the Ranch. Esther and I went out exploring a couple of times together, and had to return early, because our baskets began to overflow!

The tables were crowded with specimens and the identifiers worked late into the night sorting things out. After the end of foraying, and the final comments by the experts on their respective specialties, just a few of us remained on Sunday afternoon. This final session was an education in itself and very interesting. Ed brought out his notes and announced the points/placing of those who had brought in the most new and different specimens. I don't remember exactly who they were, except for Cathy Cripps and two other "faculty" members. Then he said that since they were all ineligible for the trophy, the winner would be...me! And I was standing right next to him, not believing what I was hearing. Of course Frieda

was there instantly with her camera, and Lee and Esther with huge smiles to match mine! The trophy is perched proudly on my mantle and I do look for opportunities to show it off. I'm so glad I went, and that would be with or without the prize.

The specimens that I brought in that I got credit for, and became vouchers for NAMA were:

- *Leptoporus mollis* (beautiful pink polypore)
- *Laccaria nobilis*
- *Lyophyllum* sp.
- slime mold sp. (plasmodium and fruiting phases)

WANTED: DEAD OR ALIVE

by Frieda Davis

As many as 80 % of the white bark trees in areas of the Northern Rockies have succumbed to the white pine blister rust or pine beetle. There is no simple restoration strategy for white bark pine.

Cathy Cripps, Assistant Professor at Montana State University and chief identifier at the 2010 NAMA conference in Winter Park, CO, is involved in the current research and is documenting the ectomycorrhizal fungi found in mature forests at the alpine life zone.

When Vera Evenson spoke to PPMS at the July meeting she showed us copies of Cathy's poster and asked us to look under 5-needle pines for the *Suillus sibericus*. The limber pine and bristlecone pine fall in that category in our area.

Esther, Lee and I had a mission. So the search began. Who is the best hunter of mushrooms at PPMS? It is Esther Price in my book. We took a drive up highway 24 on a beautiful morning and just before Victor we took the Gold Camp Road back to the Springs.

We made several stops and then it happened! Here they were under a small bristlecone pine! Esther spotted some nice fresh specimens of *Suillus sibericus*! Was it what we were looking for? Of course Esther and I were not sure so the next step was to ask Lee for verification. Lee thought it probably is the right stuff, you know how careful Lee is with identifications, rightfully so. The excitement mounted. The next day Brian, Lee's son hand delivered the specimens to Vera Evenson's kitchen in Sunshine Canyon near Boulder.

Now we had someone else excited. Vera immediately sent three images she made to Cathy Cripps and carefully refrigerated the mushrooms until she heard from Cathy. She did not have to wait long. Cathy pronounced it an absolutely excellent find and couldn't be more pleased.



Suillus sibericus

We delivered some more goodies to Cathy at the NAMA conference. She even put up a slide during her presentation thanking us for our contribution. I must admit, I cannot take credit for any of this, it was Esther who was the finder of the mushroom and Lee who was the driving force behind taking the specimens to Vera.

In any case we had a quest and we satisfied it..

Mushroom hunter "massacre" claims 18 lives in Italy

MILAN (Reuters) – At least 18 mushroom-lovers have been killed in accidents while hunting for their favorite fungi in the mountains and forests of northern Italy.

Mountain rescuers say eager mushroom seekers are abandoning safety procedures as they don camouflage and hunt in darkness to protect coveted troves, la Repubblica newspaper reported on Sunday.

"There is too much carelessness. Too many people don't give a darn about the right rules and unfortunately this is the result," Gino Comelli, head of the Alpine rescue service in northwest Italy's Valle di Fassa, told the newspaper.

Seventeen people have died in nine days -- six in 48 hours alone -- mostly from sliding off steep,

damp slopes in the northern mountains, la Repubblica said in a story headlined "the massacre of the mushroom hunters."

Another person has been missing for more than a week, it said.

Ansa news agency said a man who had been hunting mushrooms was found dead on Sunday in the Alpine region of Valtellina.

A combination of August thunderstorms and hot weather has led to a bumper mushroom crop that has drawn the first hunters of what is expected to be a boom season.

Wet Weather Brings More Toxic Mushrooms

Family Pet Dies After Eating Toadstool

COLORADO SPRINGS, Colo. -- We tend to worry more about bad weather and wild animals when we're enjoying outdoor activities. However, a family learned a tragic lesson over the weekend about mushrooms.

Ron and Carolyn Stapp of Colorado Springs said that their 10-year-old Boston terrier, Wrigley, died Saturday after eating a poisonous mushroom. The Stapps said it happened Monday at Colorado Campground north of Woodland Park.

"She was gone basically in about six hours from her first sign of distress. Just that fast," said Carolyn Stapp from her northeast side home surrounded by flowers, cards and pictures in memory of the dog.

The Stapps said Wrigley became sick around midnight, then again a few hours later. "When I cleaned up the mess, I saw a mushroom stem," Carolyn Stapp said. "It was about 2-1/2 inches long and white."

The Stapps said they brought Wrigley to a nearby veterinarian around 6 a.m. Saturday, but it was too late to save her.

"These dogs typically have some vomiting," said Dr. Lance Roasa of Animal Medical Center. "They do hallucinate, and this one actually started bleeding profusely as well."

"We know there's worse things in the world than losing a pet," said Ron Stapp. "But to see your pet in that kind of distress is just something you're not prepared for."

The Stapps said they wanted to raise awareness of the situation to prepare the many people who will camp and hike during the upcoming Labor Day weekend.

What's Cookin'

Peppered Ahi Tuna with Oyster Mushrooms and Port Wine

- 4 (5 ounces each) portions sushi-grade Ahi tuna
- 2 Tablespoons crushed black peppercorns
- 1 Tablespoon canola oil
- 1 pound oyster mushrooms, sliced
- 2 ounces leeks, sliced
- 2 teaspoons chopped garlic
- 2 teaspoons chopped shallots
- 2 cups port wine
- 2 Tablespoons sweet butter
- 2 large Russet potatoes, peeled
- 3 ounces sweet butter
- 4 to 6 ounces milk
- Salt and pepper to taste

First, prepare mushrooms by heating clarified butter in a medium saute pan. Add leeks and saute until lightly translucent. Add mushrooms, shallots, and garlic, and saute until tender. Deglaze the pan with port wine and finish with two tablespoons butter. Season with salt and pepper to taste.

Now, prepare potatoes. Place potatoes in cold water to cover and bring to a boil. Cook until tender, strain and push through a ricer or food mill. Stir in hot milk and butter and season to taste with salt and pepper.

Finally, cook tuna and assemble the dish. To cook the fish, heat a non-stick pan over high heat. Add one tablespoon oil. Lightly coat tuna with crushed peppercorns. Sear Ahi tuna until rare (about one-and-a-half minutes on each side). Serve with mashed potatoes and top with port wine/mushroom mixture.

The wok is becoming a favorite cooking device at the Bennett house. With so many boletes available this year I decided to throw together this dish. It's pretty good – give it a try. Don't worry if you don't have all of the ingredients. Regular soy sauce will work fine – just use 2 Tablespoons since it is much lighter than the dark soy sauce used here. You can substitute bell peppers for the Jalapenos, but there won't be as much zing!

Bolete Fried Rice

- 2-4 Tablespoons Peanut Oil
- 1 Medium onion
- 2 Jalapeno peppers
- 2-4 Garlic cloves
- 2 Cups fresh Boletus edulis, sliced
- 2 (Optional) Boneless, skinless chicken breasts
- 1½ Cups cooked Jasmine rice
- 2 Eggs
- 2-3 Lettuce leaves, or a handful of spinach leaves
- 2 teaspoons mushroom flavored dark soy sauce (Pearl River brand)

Dice the onion. Tail and top the peppers, remove seeds and dice them. Crush the garlic and dice them very small. Slice the boletes. Cut the chicken, if using, into ½ inch cubes. Slice the lettuce, or spinach, into ¼ inch wide strips.

The rice should be made the day (or two) before and kept chilled in the refrigerator. Take it out and warm it to room temp in the microwave. This will prevent the cold rice from cooling the wok too much.

Heat the wok until very hot. Place all of the ingredients within easy reach. Put the oil into the wok and swirl to coat the sides. Immediately add the onion, peppers and garlic and cook until onion softens – about 30sec to 1 minute. Add the chicken, if using, and cook for a minute or two. Add the mushrooms and cook until the water is gone. Add the rice and stir and cook for a few more minutes. Clear a space at the bottom of the wok, break the eggs into this space, stir and cook until they begin to firm, then blend them with the rice mixture. Add the lettuce and soy sauce and stir until the lettuce is wilted. Serve immediately.

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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August's Mystery Mushroom was Hygrophorus Agathosmus

MYSTERY MUSHROOM

By Esther Price

I am common and ubiquitous but not as conspicuous as a true puffball. My fruiting body is yellow-tan-brown in color, oval or lobed with a stemlike base composed of tough mycelial fibers. I'm smaller than others of my Genus. I am about 2.2 ccs. wide, my stalk is 6-8 mm. long and my body is about 13mms.high. My peridium (skin) is only 1 mm. thick and delicately scaly. The enclosed gleba is white and firm becoming purple and finally brown powder as I age. I am poisonous to humans but very important to the food chain of animals.

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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