



PIKES PEAK MYCOLOGICAL
SOCIETY NEWSLETTER

MARCH, 1983

GREETINGS MUSHROOM HUNTERS! Tho the Vernal Equinox is upon us, it looks like Minnesota out there to me. Not to be discouraged however. Remember the little lovelies that Lee Barzee photographed on the edge of the snow-bank. Check your Manuals for the early earlies, and bring your finds for us all to appreciate and identify.

MEETING: MONDAY, MARCH 28th at 7:30, on the second floor of Rastall Center, Colorado College. Dr. Kenneth W. Cochran, Ph.D., Department of Epidemiology from the University of Michigan is sending us a film titled, "Mushroom Cultivation in Japan". It is a beautiful film on commercial Shittake fungi. Our new members, Bill Gervais and Valarie, have offered to bring their projector and run it for us. This is a special treat for us and we will hope the weather permits to make it possible for all of us to attend.

RAFFLE - Along with our studies on the passion of Japan, Shittake, we will try once more to have a raffle on the Shittake Mini-Farm. It has arrived, and hopefully is in the process of producing that delectable mushroom. Chances are still .50 or 3 for \$1.00.

1983 NAMA Foray on August 19-23 at Snow Mountain Ranch, Granby, Colorado. The fee has now been set for \$52.00. This will include admission to all activities for the entire three-plus days. Dr. Orson K. Miller, Jr. and three of his graduate students will be on hand for courses, lectures and identification.

Loging, including 3 meals, will be available for a cost ranging from \$26-\$36 per person.

We have been told that our club's membership in NAMA authorizes our attendance. We will have registration forms probably at the next meeting.

If you would like to have priority on registration, volunteer to help on one of the many committees for the Foray. They need at least two hosts on each bus.

BEGINNER CLASS - MUSHROOM IDENTIFICATION in Denver. Our Club has been invited to attend the classes even if you are not a member of the Colorado Mycological Society. We are very grateful that this club offers us so much. Applications will be available at the meeting. Dates are April 13, 20, 20, May 4, and 11th. Time 7:30 p.m. Cost is \$12 each and \$8 for each additional family member. I understand we may have someone who wants to carpool from our club, but we must be notified immediately. Linnea Gillman says they can only take 20 more.

NOMINATING COMMITTEE:

The Board has chosen a Nominating Committee consisting of Judith Baranowski, Pat and Ralph Gustavson and Viola and Deroy Garrett. The offices to be filled are: President, Vice President, Secretary and Treasurer. Committees to be filled are: Newsletter, Foray Chairman, Refreshment Chairman and Calling Committee Chairman. There are other committees we would like, such as Publicity, Special Events, etc. The continuance of our special group really depends on your participation. Can we count on you?

IF YOU HAVE ANY OF THE CLUB SLIDES OR BOOKS COULD YOU NOTIFY US AT 578-6362 days - or 633-9447 evenings. (Barbara Laura)



From Conifers, Bitter Honeys

'Judy Rogers of the Puget Sound Mycol. Soc. reports that at the last PSMS show, a guest was told that *Armillariella mellea* was a good edible. The guest ate some & became violently ill. She recovered after a few days in the hospital. The mushrooms had been positively identified, according to *The Mycophile* (v. xxII, no. 4). However, they were collected from hemlock (Tsuga). Several persons at the show commented that these fungi collected [on] conifers had been known to cause digestive upset. PSMS has stressed cooking them thoroughly & eating sparingly. Also, if they have a metallic taste, do not eat them at all. [The Colo. Mycol. Soc. has been careful] to follow the advice of Rinaldi & Tyndalo in *Complete Book of Mushrooms*, who advise pouring off the liquids after thorough cooking.'

Spores Afield, Colo. Mycol. Soc., Oct. '81

Dr. Sam Ristich cites a similar case of a woman who deliberately ignored his warning

'Don't eat the honey mushrooms raw.' She got 'very sick,' but apparently lived to regret her error. The day before, Dr. Ristich & 5 students picked a mixed batch of honeys from both birch & hemlock stump. Some were parboiled, others not, but all were cooked. Everybody partook, & nobody was sick.

ex NJMA News, NJ Mycol. Assn., Nov. '82

Obviously there is a sliding scale of sensitivity to honeys, with rawness & hemlock origin vying for room at the bottom, & with simple cooking sufficient for the lucky, at the top. Better to go easy till you find out where you are on the honey scale!

Mushroom of the month

Collybia acervata (Fr.) Kum.
Family: Tricholomataceae
Order: Agaricales

Large dense clusters of this mushroom are found on decayed wood and conifer logs. The mushroom is commonly found in late summer and early fall.

Pileus. 1.5-5 cm wide, convex to almost flat in age; margin incurved at first; smooth, dry to moist; reddish brown.

Lamellae. Attached or nearly free, close, narrow; white to pinkish.

Stipe. 2-10 cm long, 1-6 mm thick; dry, smooth, no veil, brittle, reddish brown; base white and hairy; hollow.

Spores. 5-7 × 2-3 μm; elliptical, smooth, hyaline. Spore deposit white.

Habitat. In large clusters on conifer wood.

Look-alikes. Make a spore print to distinguish this white-spored species from clustered species with brown spores.

Illustration by Lanny Reichert, description by Linnea Gillman.
Source: *Mushrooms of North America* by Orson K. Miller, Jr.



WILD WOODLAND MUSHROOMS

Oh, that American cooks could get fresh wild mushrooms, as Europeans do, gathered from the woodlands and brought to market. Because, as Europeans know, they have a flavor, texture and aroma found nowhere else. The ubiquitous cultivated mushroom has its place, but the truly great mushrooms of fine cookery are wild. Their deep, luxurious flavor and haunting, woody fragrance make them justly famous, sought-after and prized.

Fortunately, these special, rare qualities are captured for certain mushrooms when they are dried. Drying deprives the mushroom of its succulence, but more than compensates by concentrating its flavors. While dried mushrooms can no longer be used as a vegetable, they are a marvelous seasoning for sauces, meats, chicken, soups, stews, pasta and risotto dishes, pates and terrines. They impart a richness and texture that simply cannot be extracted from their cultivated cousins.

Of all the woodland varieties, three stand out as the great mushrooms of cookery. The fat, brown cepe and the golden-pleated chanterelle are gathered in the fall, and the handsome morel is a spring-time delicacy.

Cepes - Very large and bun-shaped, this mushroom has the texture of fine kid gloves. Its ample water content serves to concentrate its flavor when dried. In both flavor and fragrance, cepes are more delicate than the hearty morel, but have a special richness that is at once deep, lingering and satisfying. Soak dried cepes in rather hot water half an hour and pat dry. Use as you would blanched fresh mushrooms, but sparingly. They are perfection with chicken, fish or pasta dishes. Add to omelets. And once they've enriched a wine sauce, you'll truly understand what cepes are all about. SELECT ORIGINS cepes are from the woodlands of Italy where they are called "porcini." Unlike commonly available brands (which can be dark and crumbly), these are large, creamy-brown pliant slices of only the choicest caps. There are no stems

and the cepes themselves are scrupulously clean. If stored in the container we provide, they will keep indefinitely.

THE WATER in which dried mushrooms are reconstituted is so full of flavor it should never be discarded. Choice mushrooms are expensive, but a little goes a long, long way.

Morels - This handsome, conical mushroom ranks with its cousin, the truffle, as a prized flavoring ingredient, and for the same reasons--deep, abundant flavor and fragrance. One morel has the power of a full pound of cultivated mushrooms, plus a deep, woody fragrance. In contrast to the more silky cepe, its texture is firm and meaty, its flavor more substantial. And the stock created by soaking the mushroom is every bit as delicious as the morel itself. Added to soups, vegetables, gravies and stews it imparts the very essence of this marvelous mushroom. The hearty morel is particularly memorable with beef, and its special qualities take veal right up into the clouds. Surprisingly, SELECT ORIGINS morels come from the foothills of the Himalayas where year-round growing conditions echo those of springtime Europe. You'll find our morels small because, just as "button" mushrooms of the cultivated variety are prized, so too are the young and tender caps of morels. And like cepes, if kept tightly closed they will keep indefinitely.

Chanterelle - Some restaurants can and do get fresh chanterelle in the fall, so whenever you see them on the menu, order! These yellow, trumpet-shaped mushrooms smell vaguely of apricots and are renowned for their distinct but supremely delicate flavor. Alas, as with some of the more tender herbs, chanterelle do not dry successfully. We had hoped to offer you this superb variety, but our tastings have convinced us otherwise. Although dried chanterelle are available, they have lost all vestiges of their delicate fresh character and gain little from soaking.

THE MYCOLOGICAL SOCIETY OF SAN FRANCISCO

POST OFFICE BOX 11321
SAN FRANCISCO, CALIFORNIA 94101

For Pat, our Lepiota lover!

LEUCOAGARICUS rhacodes (Lepiota rhacodes)

The Shaggy Parasol mushroom is one which is well known in our area, and one which grows nearly all year long under the Monterey Cypress trees along the cool coast. Miller lists it as rare, saying *L. procera* is common and choice. California is nothing if not perverse in its mushroom season as well as species. Rhacodes seems to eschew rain and the cold of Winter when most of our other fungi are found, so look for it after the first fogs of June start to sift through the Cypress groves, and expect to find it at least until December, longer if the weather remains mild. Young buttons are delicately flavored and can be used with the knowledge that the flavor will not be overpowering yet still distinct and delectable. Older full blown caps are very strongly flavored and are best saved for drying, either whole or cut up. The longer one stores these dried pieces the more mellow they become and periods up to a year may be a minimum storage time. Drying temperatures should never heat the mushroom. One's gas pilot light is enough heat source in the oven to dehydrate these airy, widely-spaced-gilled fungi.

Pot roast of beef
or leg of lamb.
Dried or older caps
Onions, garlic
red wine .
salt, pepper

RHACODES ROAST : Cover bottom of slow cooking crock pot with a bed of cut up onions and mushrooms (fresh or dried) place meat (already seared well all over) to rest upon on it, and surround roast with more onions and mushrooms until it is hidden from sight. Pour some hearty red wine over it and let cook several hours. Dry rhacodes will require more wine than fresh ones to establish a good moisture content for the start of the cooking. You may wish to remove excess juices from the pot more than once during the day using a suction bulb. Save it for gravy, thicken and season to suit your taste .

Mature *L. rhacodes*
onions & garlic
Beef stock
Red wine
oil & butter .

GASTRONOME'S GARNISH : Saute cut up onions, garlic and sliced mushrooms in oil and butter until soft and dark . Add beef broth until mass is wet and just slightly soupy. Thicken somewhat and season to taste with salt, pepper, and a bit of red wine . This sauce will make memorable any good steak or sliced beef.

SKIP JENKS' HAM-MUSHROOM SPREAD FOR CANAPES

1 T Butter

1½ C Chopped fresh mushrooms (any kind, but Agaricus or Cantharellus sp. are best)

2 - 4 oz. cans Devilled ham

1 - 3 oz. package Cream cheese

¼ tsp Ground thyme

Dash Cayenne pepper

Saute mushrooms until tender in butter. Mix devilled ham, cream cheese, thyme, and cayenne. Stir in chopped mushrooms. Cover and refrigerate overnight. Makes 1½ C spread. Spread generously on slices of white bread; trim to fancy shapes, or on melba toast rounds or lightly salted crackers. (Delicious!)



HURLBERT'S HONEY MUSHROOM SAUTE

2-3 C Armillaria mellea caps (discard stems)

2-3 T Butter or margarine

Saute slowly in skillet. When barely done (translucent) add the following sauce mixture:

¼ C Soy sauce

¼ C Dry white wine

1 tsp Cornstarch

Dash Accent (optional)

Continue cooking, stirring gently, until sauce thickens. Serve as a vegetable side dish, adding 1 small can of drained bamboo shoots or stir-fried vegetables during the last few minutes of cooking if desired. Or, use as a sauce for broiled steak or poached poultry. Serves 3 - 5, depending on appetites. (Mushrooms blacken when done)

ELLEN HEMAN'S QUICK MUSHROOM PICKUPS

Pickles: Clean and wipe 1 C whole small agaric buttons or Ramaria florets. Add to 1 C pickle or cucumber chip juice on hand. Cover; chill. Let stand 24 hours. Use as garnish or relish. (Keeps a week in refrigerator)

Marinated Mushrooms: Add 2 C cleaned whole fresh small to medium buttons or caps to 1 C Wishbone salad dressing in tightly-covered quart jar. Shake well. Chill 24 hours. (These won't last!)



MARIANA BORNHOLDT'S BAKED LACTARIUS

2-4 C Lactarius deliciosus or L. sanguifluus

1 C Cream, half-and-half, or canned milk

3 T Butter or margarine

1 C Croutons (optional)

Clean mushrooms and cut into bite-sized pieces. Place in layers in casserole dish, dotting with butter; add liquid. Bake covered in 350° oven 35-40 minutes. Spread croutons over mushrooms as topping layer. Bake 5-10 minutes uncovered or until brown. Serve as vegetable side dish or, if topping omitted, on buttered toast triangles. Serves 4-6. Granola or grape-nuts may be substituted for croutons. (Freezes beautifully, but discard topping. Reheat to serve)

BOB WATSON'S BREADED CANTHERELLUS

Slice mushrooms into ¼" slices.

Dip into beaten egg and then in breadcrumbs. Fry in butter until golden brown. Season with salt, pepper, and Greek seasoning.

Use cookie sheet to freeze, if

desired. Package in Zip-loc bags. (Food for the Gods!)



FRAN CHAPMAN'S MUSHROOM SOUP

2 C Mushrooms, any kind, though I have not used Coprinus

1 med. Onion, sliced thin

4 T butter or margarine

2 T Flour

3 C Milk

¼ C dry white wine or sauterne, if desired

1 tsp Parsley

¼ tsp Marjoram

Salt and pepper to taste

Saute sliced mushrooms and onions until tender in half of butter. In another pan, melt remainder of butter and stir in flour. Slowly stir in milk and heat to simmer. Add sauteed mushroom mixture, wine and seasonings. Salt and pepper to taste. Allow to return to simmer. Serve with sourdough French bread. Makes slightly over 1 qt.

PIKES PEAK MYCOLOGICAL SOCIETY

March 1983

How long have you been a member of PPMS ?

Are you or have you been a member of any other mushroom club?

How many meetings during the past year have you attended?

How many forays " " " " " " " ?

Have you taken a basic mushroom identification course ?

What do you want to gain as a member of PPMS ?

What are your interests (fungi related)?

How do you suggest these interests best be served? (be serious!)

In your opinion what should the goals of this club be?
should we change the constitution, update in response to membership?

How do you want the meetings conducted ?
example....

formal-rigid rules
loose-as folks gather
simple, but orderly i. e. a time schedule
program
end
social

OTHER

How do you feel about dues? (the use of)

How do you feel about a newsletter?

How do you feel about programs?

SUGGEST WAYS TO IMPROVE OUR CLUB (use space on back of paper please)

Can YOU hold office, chair committee, volunteer a program or service?????

Food cures hunger; study cures ignorance;
Your best ideas don't work, if you don't.....

HAPPY MUSH -

HELP!