



SPORE-ADDICT TIMES

PIKES PEAK MYCOLOGICAL SOCIETY OF COLORADO SPRINGS JULY 1986 NEWSLETTER

The meeting for the month of July will be held at 7:30 PM at Otero Bank, corner of Highway 115 and Cheyenne Mtn. Blvd on Monday, July 28th. Art Zanon of the Colorado Mycological Society will present the program. Art was very cryptic about the nature of his presentation and would give no clues regarding content other than his chosen title "Soma." Webster indicates this is a Greek word meaning "body", defining the term to be all of any body excluding the germ cells. What can you make of this? Come to the meeting and check your guess.

Included in this mailing is a roster of the membership to date. The list has been truncated to reflect dues paid. Please call any errors found to the attention of the editor for correction. Please give your phone number to the editor if it doesn't appear to permit contact by the 'phone committee for last minute updates regarding forays, schedule changes...that sort of thing.

Speaking of forays, Dennis has established the following plans: there will be a foray on the 19th to be led by Dennis. It will be to the Craggs. Meet at the Red Rocks shopping center on 31st and Colorado at 7:30 to depart at 8:00 AM. Frieda visited the Craggs recently and found a bounty of Leccinum, Suillus, Pleurotus, Lactarius (delicious), and Flammulina. Bring a lunch and join us for what promises to be an enjoyable outing. On the 26th of July there will be a joint foray with our neighbors to the south, The Pueblo Mycological Society. They will lead us to the back of the Greenhorn Mountains. We shall meet at 7:30 AM at the Clarion Hotel at the south end of town to leave by car pool for Pueblo promptly at 7:00. On August 22nd, Doug Ripley (Professor of Biology at the Air Force Academy) will lead a foray on the Academy grounds. Doug has graciously offered to take those interested on a tour of some of the Academy facilities normally closed to the public after the picnic lunch. Meet at 8:00 AM at the Drury Inn parking lot (I25 exit #150 east) to leave at 8:30. On August 9th Dennis and Don Berrigan will lead a foray including those taking the class the two of them are teaching through the Parks and Rec Department. Come and help recruit new members by sharing our interests and knowledge with them. The meeting time and place will be announced in the next bulletin. On August 16th we will hold a foray to help collect specimens for display at the Denver society Mushroom Fair to be held the following day in the Denver Botanic Gardens...time and place to be announced. Please indicate to Dennis at the next meeting any interest you may have in a foray on the 23rd. The Telluride conference takes place that weekend, but those unable to go may find local collecting of interest.

Liz Ras has planned a special event for the Labor Day weekend, August 30 and 31. She has been able to reserve through Dr. John Gapter of the University of Northern Colorado a rustic lodge in Rocky Mountain National Park for Saturday, Sunday and Monday. We will collect in the Park for a long weekend. Cooking as well as sleeping facilities are available. Dr. Gapter, a professor of botany, has taught summer classes in mycology and botany at the park for many years and has offered to steer us to some of his collecting areas while we are there. This should be a prime collecting opportunity. The lodge will accommodate 35 people. Plans will be discussed at the next meeting. There'll be a minimal fee (\$10 or less per person) depending on the sign-ups. Early reservations through Liz or Dennis must be made.

A member of the Mycological Association of Washington while hunting for Agaricus Campestris found instead a \$50 bill. When queried as to the location of the site of the find, he grew vague. On being pressed, he explained that he would rather not reveal the location until the following year when he determined whether it would fruit again.

Several of the club members recently attended a class reunion of a different sort. Linnea Gillman, one of the teachers of a class in Pleurotus cultivation presented to interested Society members several months ago, hosted with her husband Lee a combination barbeque dinner and cultivation work party. A pickup truck bed was filled with plastic bags loaded with straw which during the evening was boiled, mixed with spawn and packaged, a thoroughly enjoyable evening. Fruits of the labor are yet to be enjoyed. Our cultivation group seems to be enjoying mixed success. Some have obtained fruiting, but others have only managed to grow large masses of white straw bundles and various colorful by-products. I have personally resorted to measures of desperation, to a patient wife's despair. The refrigerator was emptied, shelves removed and plastic wrapped bundles of white straw were given overnight lodging...the shock treatment. After having been in residence in the family bathtub, an empty and darkened bedroom, tubs of cold water, a cellar store room, had there remained the slightest reservation regarding the total mental degeneration of the household provider the refrigerator surprise dispelled it forever. The bags ultimately were removed and now lodge for better or worse in a corner of a mine shaft, a working mine shaft it might be added. Their presence there must certainly provide a moment or two of levity in what might otherwise be a rather dreary miner's day. Should fruiting still be absent, I have given a solemn vow not to return them to the house in any form. This promise was greeted by spousal laconic observation that solemn vows, like other things are not what they used to be.

Recently there occurred a first, an event deserving the highest recognition...a contributed article was delivered to the editor. Courtesy of Bea Lyon and from the University of California, Berkeley, Wellness Letter: Mushrooms are good for you. Millions of pounds of them are eaten annually by people worldwide. Nevertheless, raw mushrooms contain naturally occurring substances, hydrazines, some of which have been known to cause cancer in animals. At the annual meeting of the American Association for Cancer Research in Los Angeles, researchers reported that laboratory mice allowed to eat their fill of Agaricus bisporus over their lifetime, developed malignant tumors at a higher rate than mice in a control group. Both sets of mice lived under identical conditions and ate identical diets, except for raw mushrooms, yet 38% of the female mice feeding on raw mushrooms developed stomach tumors, while none of the control group did. The study concluded that raw mushrooms could indeed cause cancer in mice and that humans would be well advised to avoid eating mushrooms raw. Many hydrazines are highly volatile, most can be destroyed by cooking, including the most harmful types. Drying has a similar effect. It's better therefore to eat mushrooms in soups, stews or cooked as a side dish or garnish. Most people eat only small quantities of raw mushrooms. In any case, the amount of hydrazine in a serving of raw mushrooms is small. Practically all plant foods contain substances that protect the plants from predators. Some of these have adverse effects on animals and a few on humans. So if you eat mushrooms often, it's probably prudent to eat them cooked, not raw.