



SPORE-ADDICT TIMES

PIKES PEAK MYCOLOGICAL SOCIETY OF COLORADO SPRINGS SEPTEMBER 1986 NEWSLETTER

The meeting for the month of September will be held at 7:30 PM at Otero Bank, corner of Highway 115 and Cheyenne Mtn. Blvd. on Monday, September 22nd. The program for this month will be presented by Marilyn Shaw of the Colorado Mycological Society. The material will include a slide presentation of Scanning Electron Microscope pictures illustrating microscopic aspects of fungi. The slides are by Paul Stamets of the Evergreen University. The program last month ran a bit long and we were unable discuss keying methods. Do bring any specimens you have collected together with whatever text material and keys you wish to use. We will reserve some time to go over use of the keys in groups to provide practice in their use. Marilyn has taught many classes in mushroom identification and we may prevail upon her for some assistance in this exercise.

Welcome to our new members, Bill and Betty Pape. Please add their names and address to your roster...4910 Castledown Road, Colorado Springs, CO. 80917, 597-5736.

There was some discussion at the last meeting of the use of whistles on forays. It was pointed out that we could well standardize on their use for signaling purposes, since of late a number of members have become lost while in pursuit of edibles. The following system was proposed: 1 toot= "I'm over here." 2 toots= "Come see what I've found." 3 toots= "I'm lost or in trouble." It's a good idea to carry a whistle since it's entirely possible to suffer a sprained ankle or worse while climbing around in the areas where we hunt, when assistance would be very welcome. It's also helpful BEFORE setting out to look around and pick out some landmarks to aid in maintaining a sense of direction.

The collecting season draws to a close. A "joint" foray with our neighbors to the south, The Pueblo Mycological Society, in search of Chanterelles up on Rampart Range was modestly successful. In addition to the Cantharellus sought, numerous other species were collected. As usual, the Russula was dominant with many specimens of yellow/orange, white, red, gray and green to be found. There were in addition several species of Suillus and Leccinum, one Agaricus, Lentinus ponderosus, Clitocybe gibba, three species of Amanita, Hypomyces lactifluorum, Lycopercon perlatum, Chroogomphus rutilus, Hygrocybe conica, Flammulina velutipes, Armillariella mellea, several species of Lactarius and Lepiota, Peziza badia, Helvella lacunosa and elastica, species of Pleurotus, Tricholoma flavovirens and virgatum, Clavariadelphus (sp), Phyllotopsis nidulans, Hygrophorus chrysodon and many Marasmius, (all as identified by Lee Barzee).

The Labor Day weekend foray to Rocky Mountain National Park was attended by fourteen people from the Society and was very successful. Weather was nice and many specimens were collected, with the Russula again prominent. Such a good time was had that the suggestion was made to make this an annual outing.

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With the prevalence of Russulas during recent forays, an article from the Toadstool Review of the Minnesota Mycological Society seems particularly relevant. The author quotes Karl Marx "The plains of Hindustan are strewn with the bleached bones of the weavers of Bengal," likening these to the maligned and oft-kicked carpophore of the Russula. He observes how we treat these members with disdain, as though they were "untouchables," despite their willingness to appear even in drier months, despite their variety of colors and robustness. "Perhaps their inscrutability and their resistance to macroscopic identification are what give rise to such unprovoked antagonism." Reference is made to a number of sources and comments regarding palatability:

SOURCE	SPECIES	QUALITIES
Dickenson & Lucas <i>old, not Cole</i>	<u>R. aurata</u>	"...one of the most delicious"
	<u>R. cyanoxantha</u>	"...agreeable"
	<u>R. decolorans</u>	"...good"
	<u>R. olivacea</u>	"...taste of hazelnuts"
	<u>R. vesca</u>	"...mild, nutty"
	<u>R. virescens</u>	"...popular, tast of hazelnuts"
	<u>R. xerampelina</u>	"...of shellfish, sweet and nutty"
Miller & Miller	<u>R. xerampelian</u>	"...good edible"
Hesler <i>not Cole</i>	<u>R. delica</u>	"...moderately good flavor"
	<u>R. crustosa</u>	"...edible"
	<u>R. variata</u>	"...said to be good"
M. Moser <i>Cur.</i>	<u>R. aurata</u>	2 stars, especially recommended
Miller	<u>R. brevipes</u>	"...edible"
	<u>R. paludosa</u>	"...edible"
Aurora <i>etc.</i>	<u>R. cyanoxantha</u>	"...highly rated"
	<u>R. xerampelina</u>	"...great"
SS&W	<u>R. virescens</u>	"...best of the genus (in Europe)"
	<u>R. decolorans</u>	"...edible and easy to identify"

Some books state that any Russula which does not taste acrid is edible. Others state that par-boiling renders even the latter edible. The author states that while these statements may sound a bit "loose," there is no known Russula which will come even close to killing you, that the very worst is stomach disorder and perhaps a bit of looseness in the lower tract. He issues the challenge (in the form of a \$5 reward for the best tale) to go forth and eat. Takers anyone?

CULLINARY CORNER

For those of us fortunate enough to have accumulated a supply of chanterelles on recent forays, the following recipe from the Toadstool Times of Pueblo sure sounds good!

CHANTERELLE SOUFFLE

2 cups chopped <u>Cantharellus cibarius</u>	Melt butter in a frying pan, add mushrooms, onions and garlic. Cook until liquid evaporates and mushrooms are dry. Reserve. Make a white sauce with the butter, flour and milk. Add sherry, salt, pepper, cayenne and grated cheese. Stir until smooth. Remove from heat and add egg yolks and mushroom mix. Fold in egg whites.
2 tblsp. butter	
3 green onions, chopped	
1 clove garlic, mashed	
4 tblsp. butter	
4 tblsp. flour	
1 cup milk	
2 tblsp. sherry	
salt, pepper, cayenne	
1/2 cup grated cheese	Pour into an ungreased 1 1/2 qt. souffle dish, set in a pan of hot water and bake at 350 deg. for 50-60 minutes.
egg yolks, slightly beaten	
4 egg whites, beaten stiff	