



SPORE-ADDICT TIMES

PIKES PEAK MYCOLOGICAL SOCIETY OF COLORADO SPRINGS MAY 1987 NEWSLETTER

The May meeting of the society has been moved to Monday the 18th to avoid conflict with the Memorial Day holiday. The time is 7:30 at the usual place, Otero Savings and Loan, corner of highway 115 and Cheyenne Mountain Blvd. Our program for the evening will be a slide show from NAMA and should be of interest to all. It is entitled GILLED FUNGI: THE FRIESIAN METHOD OF CLASSIFICATION. It is by Dr. David Hosford and Kit Scates; it explains and illustrates the terminology and stature types of the Friesian system. For 150 years this was the system used for teaching the features used to identify mushrooms without use of a microscope. The system is based on veil remnants, gill attachment, position and texture of stipe, cap shape, spore print color, etc. There is a second part which will be shown at a later date...don't miss chapter one!

As we begin a new season, dues are once again due. The amount remains at \$7 per family and may be paid at the meeting or mailed to Pat Gustavsen at 4460 Arrowhead Drive, Colorado Springs CO 80908. Only one more month grace period will be granted to unpaid members when names will be deleted from the mailing list.

The class in mushroom identification by Marilyn Shaw will be given next month. Included in the mailing is a registration form together with additional information. Enrollment is limited so register early.

The PPMS will again provide this summer an exhibit of fungi and related material at the Penrose Public Library. Dates are to be established. Anyone wishing to help in the preparation or supply material should contact Dennis Craig.

Morels are out! Our first foray of the season will be this Saturday the 16th and will be to the Beaver Creek area. Scouting by Dennis Craig confirmed the presence of the quarry. We will meet at the Clairion Hotel parking lot at 7:30 AM for 8:00 departure. Bring a picnic lunch and fishing rod. If no morels are at hand, perhaps brook trout will be.

TOXIC TOPICS

The ubiquity of the Cortinariu s genus brings specimens to hand frequently and despite the reported edibility of some species, recent findings have shown that the genus "kills off a little bit of the kidney every time you eat one." The species C. speciosissimus is perhaps unique in its sex-specific toxicity. For reasons as yet unknown, women do not appear to be affected by the orellanin complex toxins which can be deadly to the liver and kidneys of men. Particularly is the species insidious in the delayed reaction of the organs to the toxin, some days to weeks. This species is placed in the Leproc ybe genus by some mycologists.

As reported in the bulletin of the Los Angeles Mycological Society, almost every species of the Cortinarius genus is deadly poisonous. With one exception, (Cortinarius violaceus), every species tested to date contains a percentage of the deadly kidney toxin cortinarin A. One commonly eaten species, C. armillatus contains only .01% of the toxin and no poisonings have been reported. The supposition however is that cumulative exposure may result in extensive kidney damage.

The Boston Mycological Bulletin contains in one issue a report of the isolation of the toxins which bear a startling resemblance to the deadly Amanita toxins in chemical structure. Researchers theorize that the cortinarin A and B toxins affect the kidney in a similar manner to the kidney hormone vasopressin. Some 60 European species were examined and all were found to contain a percentage of cortinarin in direct proportion to known toxicity. Many poisonings have been reported in Europe resulting from the genus. Fortunately, although many of the species are attractive in appearance, most of them are not particularly good tasting which discourages ingestion.

The pleasures of mycophagy have exacted a penalty from many of the famous, among whom are Buddha, Pope Clement VII, King Charles VI of France, Czar Alexis of Russia and the Roman emperor Caesar Claudius...all these shared a common fate, death from mushroom poisoning. (A thinly disguised plug for the values of classes such as that mentioned earlier).

CULLINARY CORNER

From Malfred Ferndock's Morel Cookbook comes the following....

MORELS A L'ESCARGOT

6 large morels
1 clove garlic
1/2 oz. chopped parsley
1/2 tsp. Dijon mustard
1/2 bay leaf, crushed
1/8 tsp. thyme
1/4 tsp. ground black pepper
1/2 oz. lemon juice
1/4 tsp. salt
8 oz. butter (can cut in half)
1/4 c. bread crumbs

Blend all the ingredients except morels and bread crumbs. Cut morels longitudinally into two sections and place them in an oven-proc dish. Pour mixture over morels and sprinkle with bread crumbs. Broil until butter sizzles and serve while very hot with fresh French bread.

This recipe has been given high praise...with luck we should be able to try it this week end.

A new snack treat is at hand...puff-dried mushrooms! Shades of breakfast cereal! The Wall Street Journal reports of the application of a method originally used for blueberries and adapted to mushrooms by John Sullivan of the U.S. Department of Agriculture. Mushrooms are partially dried in an oven, then exposed to high pressure steam. When the steam pressure is suddenly released from the mushrooms, the moisture in them expands and "puffs" the fungus. In a short time of drying, the remaining moisture is reduced to 5% necessary for preserving. If additional moisture is removed, a crunchy snack food results, or the mushrooms may be rehydrated in by few minutes by soaking.

EXOTICS

For anyone looking for far away forays, the Salzman/Lincoff/Weil globetrotters are leading a foray to Alaska this Aug 5-17. For information contact Emanuel Salzman at P.O. Box 5503, Denver, CO 80217-5503 or call (303) 296-9359.

MUSHROOM

IDENTIFICATION

CLASSES

SATURDAY, JUNE 20 & JUNE 27, 1987

CLASS SESSIONS - 8:30 A.M. TO 12 P.M.--FIELD TRIPS - 1 P.M. TO 4 P.M. DAILY

PIKES PEAK COMMUNITY COLLEGE

CLIMAX BLDG. - CLASS ROOM 211-212
(PARKING IN THE EAST PARKING LOT)

5675 S. ACADEMY BLVD., COLO SPRGS., CO.

INSTRUCTOR: MARILYN SHAW - LECTURER, TEACHER, AND AN ACTIVE MEMBER IN THE COLORADO MYCOLOGICAL SOCIETY, CONSULTANT IN MUSHROOM IDENTIFICATION FOR THE DENVER BOTANIC GARDENS, ROCKY MOUNTAIN POISON CENTER, AREA HOSPITALS AND COUNTY AGENTS

— A DIFFERENT APPROACH TO MUSHROOM IDENTIFICATION FOR BEGINNERS

— A FIRM BASE FOR THOSE WHO WISH TO PURSUE THE SUBJECT IN MORE DEPTH IN THE FUTURE

- SLIDE-LECTURE SESSIONS WILL COVER STRUCTURE, GROWTH, HABITAT, AND SEASONALITY OF MUSHROOMS
- INFORMATION ON TOXICITY AND EDIBILITY OF MUSHROOMS
- USE OF FIELD GUIDES AND KEYS WILL BE DEMONSTRATED AND RECOMMENDATIONS ON THOSE MOST USEFUL IN OUR AREA
- COLLECTING, CLEANING, PREPARATION, AND COOKING HINTS WILL BE PROVIDED
- MAIN EMPHASIS WILL BE SPRING-FRUITING MUSHROOMS OF THE CITY AND LOWER ELEVATIONS
- LEARN TO POSITIVELY IDENTIFY MORE THAN 20 COMMON EDIBLE, NONEDIBLE, AND POISONOUS SPECIES
- HANDOUTS WILL BE GIVEN BUT STUDENTS SHOULD BE PREPARED TO TAKE ADDITIONAL NOTES
- FIELD TRIPS WILL BE SCHEDULED - PARTICIPANTS SHOULD BRING A SACK LUNCH EACH DAY

FEE: PPMS INDIVIDUAL AT \$20.00 EACH PPMS COUPLE AT \$30.00 (TWO PERSONS)

— FOR FURTHER INFORMATION CALL DON BERRIGAN AT 597-4679

— CLASSES ARE LIMITED - MAX. OF 35 PEOPLE

