



## SPORE-ADDICT TIMES

### PIKES PEAK MYCOLOGICAL SOCIETY OF COLORADO SPRINGS JUNE 1987 NEWSLETTER

The June meeting of the society will be on Monday the 22nd. 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 given by Judith Gravestock. The subject is a bit different in that it does not treat of mycology. It is however closely related to our outdoor pursuits (especially edibles)...Wild herbes of Colorado. Ms. Gravestock is a local teacher in herbology, a specialist in the healing properties of herbs. She is also a spokesperson for the Pikes Peak Herb Association whose purpose it is to expand the public's knowledge of herbs for crafts, home remedies, culinary and horticulture experience. It promises to be an unusual (for us) and interesting program.

If you have not paid your dues for this season, this will be the last bulletin mailed to you and membership will be considered lapsed. We really will miss you and hope this reminder is all that's needed to persuade you to continue membership. 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.

The first session of the class in mushroom identification by Marilyn Shaw will be given this Saturday. The location has been changed of necessity for this week only. The new location is the David R. Sellon Co. meeting room in the Sellon building at 660 Southpointe Court just off Southgate road and south of Circle...time 8:30 AM.

The foray this past Saturday was to Fox Run Park in the Black Forest. The collecting for most of the participants was rather slow. For Frieda Davis however it was rewarding in a find of several misguided (early) *Boletus edulis*, prime specimens they were too. Her shrieks of delight echoed through the park...the find motivates the recipe for this month. If your diet admits of a bit of cream, it's highly recommended!

The first foray of the season to the Beaver Creek area was well attended and both Don Berrigan and Dennis Craig (as usual) found significant numbers of large morels. *Pleurotus* were also present in quantity, accompanied only by a few lbms. It was wonderful to have a number of new members on the foray and their enthusiasm will be rewarded as the season progresses and the fruiting increases.

#### TOXIC TOPICS

By way of reminder to the membership, in particular those new to the sport of collecting edibles, there is NO method of testing of mushrooms commonly available in the home which can assess the edibility of mushrooms. Folk methods such as the tarnishing of a silver spoon in a pot of cooking mushrooms, the peeling of a cap, growth on wood, detoxification by cooking, specimens eaten by wild animals.... are completely unreliable. The only safe method of determining edibility is by exact, accurate identification.

The most common species eaten without adverse consequences include the domestic mushroom, *Agaricus bisporus*; the oyster mushroom, *Pleurotus ostreatus*; the straw mushroom, *Volvariella volvacea*; wood ears, *Auricularia auricula*; the trumpet mushroom, *Craterellus cornucopoides*; enoki, *Flammulina velutipes*; shiitake, *Lentinus edodes*. The most commonly collected species of wild mushrooms safely eaten by most include Morels of various species; chanterells, *Cantharellus cibarius*; ceps (steinpilz or porcini), *Boletus edulis*; meadow mushrooms, *Agaricus campestris*; coral mushrooms, *Ramaria aurea*; puffballs, *Calvatia gigantea*. The problem is, most edibles have look alikes which are toxic. From a NAMA publication comes the following list:

EDIBLE	TOXIC
<i>Agaricus campestris</i>	<i>Amanita phalloides</i> , <i>A. verna</i> , <i>A. verosa</i> , <i>Entaloma sinuatum</i>
<i>Amanita caesarea</i>	<i>Amanita muscaria</i>
<i>Armillariella mellea</i>	<i>Galerina marginata</i> , <i>Amanita muscaria</i> , <i>Gymnopilus spectabilis</i> , <i>Naematoloma</i> <i>fasiculare</i> , <i>Omphalotus olearius</i>
<i>Calvatia species</i>	<i>Amanita "buttons"</i>
<i>Cantharellus cibarius</i>	<i>Clitocibe aurantiaca</i> , <i>Omphalotus olearius</i>
<i>Flammulina velutipes</i>	<i>Galerina marginata</i> , <i>Naematoloma fasciculare</i>
<i>Gyromitra gigas</i>	<i>Gyromitra esculenta</i>
<i>Lepiota rachodes</i>	<i>Amanita cothurnata</i> , <i>Chlorophyllum molybdites</i>
<i>Lycoperdon species</i>	<i>Amanita "buttons"</i>
<i>Marasmius oreades</i>	<i>Clitocybe dealbata</i> , <i>Inocybe species</i> , <i>Paneolus</i> <i>foenisecii</i>
<i>Morchella esculenta</i> & spp.	<i>Gyromytra esculenta</i>
<i>Rozites caperata</i>	<i>Hebaloma crustuliniforme</i>
<i>Russula virescens</i>	<i>Amanita phalloides</i>
<i>Tricholoma flavovirens</i>	<i>A. phalloides</i> , <i>Tricholoma sulphureum</i>

### CULLINARY CORNER

From a recent issue of USA Weekend comes the following:

#### FETTUCCHINE WITH WILD MUSHROOMS

<p>2 oz. dried <i>Boletus edulis</i> 3 cups of chicken stock 1/2 cup pine nuts 2 1/2 Tbs. olive oil 1 Tbs. sweet butter combined w. 1 Tb. flour (cook as roux) 1 cup heavy cream 1 1/2 Tbs. sweet butter 3 cloves garlic 1/4 cup fresh parsley (chopped) salt and pepper to taste 1 lb. fettuccine cooked &amp; drained</p>	<p>Cook the noodles in ample, salted water and drain well. Reconstitute the mushrooms by barely covering with boiling water, allow to stand until soft (20-30 min). Strain the liquid through a coffee filter to remove any grit. Slice the mushrooms to a medium thickness. In a saucepan, simmer the stock to reduce by half, and add slowly to the roux which has been cooked for several minutes. Gradually add the cream, stirring well, and place in a double boiler. Cook until sauce is thickened, about 1 hour. In a bit of the olive oil, saute the pine nuts until lightly brown.</p>
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Saute the garlic gently for a couple of minutes in the remaining olive oil with 1 1/2 Tbs. of butter, add the parsley and mushrooms and saute for 3-4 minutes. Stir in the sauce and salt and pepper. Pour sauce over the hot fettuccine and toss lightly, sprinkle with the pine nuts...forget about any dietary concerns and enjoy! Some things are worth a splurge!