



SPORE-ADDICT TIMES

PIKES PEAK MYCOLOGICAL SOCIETY OF COLORADO SPRINGS JUNE 1988 NEWSLETTER

The June meeting will take place on Monday, June 27 in the new meeting room 118 (downstairs) of Colorado College Worner Center (the old Rastall Center). Our new format, as by now you know, begins at 7:00 PM with a half hour socializing interval, followed by the business portion of the meeting to 8:00 with the program of the evening following. The program this month is a bit uncertain. Do remember to bring any specimens available to the meeting for identification. It would be entirely appropriate to make a fast tour of the grounds Monday eve before arriving at the meeting.

Remember that dues are now due for the new year. As mentioned in the last bulletin, this will be the last bulletin mailed to prior members who have not paid the dues for this year. Dues are now \$10 per year per family. They may be paid in person at the meeting or mailed to the Treasurer, Liz Ras 1014 Arcturus Drive, Colorado Springs CO. 80906.

This year the annual Telluride Mushroom Conference will be held on August 25th to 28th. As usual, there will be courses in identification, cultivation, legal aspects of "mushroom tastings," daily forays and more. Information may be obtained from Fungophile, P.O. Box 5503, Denver, CO. 80217-5503. One can also obtain information by phone at (303) 296-9359.

The season so far is not looking good for collecting. Most areas have been very dry and a recent foray to Cataract Lake with the Denver Society netted only a very meager collection from some twenty participants. Most of the gatherers had departed, when one of the participants (be it noted, new to the sport) appeared with a modest collection of morels. There is a lesson here somewhere. We must hope for July rains if collecting is to improve. Our foray schedule is not well-defined as yet and is likely to remain so until scouting shows more promise.

The NAMA foray this year will be held in northern Minnesota and is to be hosted by the Minnesota Mycological Society. The site will be the Environmental Learning Center in Isabella. This is a rather basic facility, built back in the '60s as a Job Training center. There are many resorts and campgrounds in close proximity to the area and there are hundreds of miles of hiking trails within a few miles. Canoeing, fishing and ice skating (weather depending) are close by as is the Boundary Waters Canoe Area. The Habitat includes several varieties of pine, spruce, poplar, birch, bogs and meadows. The foray will take place in mid August.

A quote attributed to Gary Lincoff (I can believe it): "Just because it's deadly doesn't mean you can't eat it once!"

This issue comes to you dear member largely through the courtesy of other societies' similar works. To those from whom I have stolen, I offer a somewhat insincere apology, and my thanks. I reason that I am driven to this measure by a lack of inputs from the membership, and a lack of original material based upon personal limitations beyond the scope of this monolog...do in your readings keep in mind the need for material of interest to the membership and share it with us. With this prolog out of the way...from an article in "New Scientist" Sept. 86, by A. Valiunas

MOLDY ORIGINS OF JAPAN'S FAVORITE CONDIMENT...SOY SAUCE

Eight hundred years ago a Japanese monk named Kakushin brought Shoyu from China. The humid climate of Japan encourages the growth of the Aspergillus mold which begins the process of fermentation. Each company grows its own molds so that Kikkoman's Aspergillus spores appear short and fat while Yamasa's are long and thin. Researchers try to purify and stabilize their characteristics using modern cell biology. The basic ingredients used are soya beans and wheat (to make the seasoning sweeter). To prepare them for the mold the soya beans are steamed and an equal quantity of wheat grains are roasted and ground. These are mixed with the mold and kept for three days in a warm (25° C) humid room. The mixture is then poured into large vats and brine is added. The resultant mash is called "moromi." For eight months enzymes cause subtle changes. Yeast and lactic acid bacteria are introduced to enhance the process. Air is also blown into it to agitate it and encourage fermentation. During that time the protein in the soya bean breaks down into peptides and the wheat starch breaks down into sugar. After eight months the moromi is poured into filter cloths and squeezed so that clear brown juice comes out. This juice is pasteurized to stop fermentation and bottled. In Britain it is classified as alcohol because it does have 3% ethanol content.

CULLINARY CORNER

While we wait impatiently for the fruiting season to get underway, the local markets may be the only hope. Agaricus fruits in profusion in the supermarket bins and is used in the following recipe lifted from "Mushroom the Journal" as given by Jeanne Ward of Strait Flake Farm:

STRAIT FLAKE MUSHROOM-SEAFOOD SPREAD OR FILLING

Fine-chop separately 2 large stalks of celery, 1 medium onion, 2 cloves of garlic, 8 ounces of mushrooms, 2 tablespoons of parsley, $\frac{1}{2}$ pound of crabmeat or imitation.

Melt 4 Tbls. butter and saute the celery, onion and garlic gently. Add 2 to 3 Tblsp. olive oil and the mushrooms and saute for 2 minutes. Mix in the crabmeat, parsley, $\frac{1}{2}$ cup seasoned bread crumbs and $\frac{1}{4}$ cup grated Parmesan cheese. Add $\frac{1}{2}$ cup dry white wine and cook 2 more minutes. Flavor with lemon juice to taste. Suggested use might include stuffing previously broiled caps, a spread on crackers or a vast improvement on the ubiquitous onion soup mix dip.

While we are using commercial species, here's a second easy one from the Snohomish County Mycological Society....

MUSHROOMS IN VERMOUTH

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| 1 lb. fresh button mushrooms | Clean the mushrooms, cutting off stem tips. |
| 3/4 c. dry vermouth | Combine other ingredients in a large bowl. |
| 1/3 c. salad oil | Add mushrooms to marinade, cover and put |
| 4 Tbls. lemon juice | in refrigerator for 24-36 hours. Stir or |
| 1 tsp. salt | shake bowl occasionally to blend flavors. |
| $\frac{1}{2}$ tsp. black pepper | To serve, drain and place in serving bowl. |
| 1 Tbls. grated onion | Provide toothpicks. |
| 1 Tbls. minced fresh parsley | |

Hasta la meeting...Noel