

Spore-Addict Times

The Newsletter of the Pikes Peak Mycological Society

July 1993

Creede or bust

Foray for mushrooms near one of the most notorious mining boom towns in Colorado. This year the PPMS overnight foray will be to Creede, Colorado, on 28 and 29 August.

This small town near the headwaters of the Rio Grande is now home to only 500 persons, but during the 1890's rush, more than 200 persons per day were arriving in Creede. The town is near several national forests and

some of the most spectacular mountain passes in the state, so this foray promises to provide a fascinating and beautiful setting for searching for your favorite mushrooms.

Lodging is somewhat limited in the area, so make hotel reservations soon. For those who prefer to camp, Dan and Caren Lacy have information on all the nearby campgrounds.

Healthy dining with 'shrooms

You can find this and other healthy fare in one of Lee Barzee's favorite cookbooks: *Cooking Light Cookbook 1993* [Oxmoor House, 1992].

Roasted Herbed Chicken with Mushroom Pesto

1 cup loosely packed fresh basil leaves
3/4 cup sliced fresh mushrooms
4 cloves garlic
2 tablespoons nonfat buttermilk
6 (6-ounce) skinned chicken breast halves
Vegetable cooking spray
3 tablespoons low-sodium soy sauce
2 tablespoons honey
1/2 teaspoon dark sesame oil

Position knife blade in food processor bowl; add first 3 ingredients. Process 3 seconds or until

blended. Slowly add buttermilk through food chute with processor running, blending until mixture forms a paste.

Place 1 chicken breast, bone side down, on a cutting board; cut lengthwise into side of breast, forming a pocket. Stuff pocket with one-sixth of mushroom mixture. Place chicken, breast side up, on a rack in a roasting pan coated with cooking spray. Repeat procedure with remaining chicken breasts and mushroom mixture.

Combine soy sauce, honey, and sesame oil; brush over chicken. Bake at 400 degrees for 30 minutes or until chicken is golden and tender, basting occasionally. Yield: 6 servings (162 calories per serving)

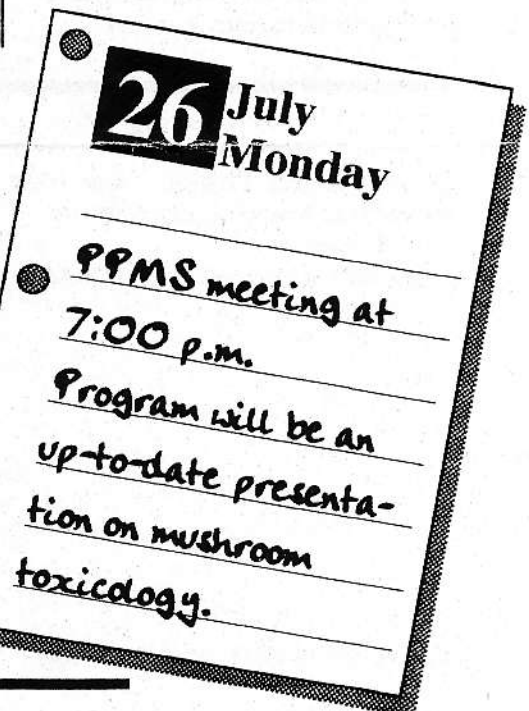
Meeting News

Our guest speaker for the July PPMS meeting is none other than Marilyn Shaw.

Marilyn Shaw is a member of the board of directors of NAMA and of the NAMA committee on toxins. She is also the chairperson of the education, slide library, and toxicology committees and a board member at large for the Colorado Mycological Society.

Ms. Shaw will present the absolutely latest information on mushroom toxicology including

continues...



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Spore-Addict Times is published monthly from April through October by the Pikes Peak Mycological Society. Submissions of articles, book reviews, letters, artwork, recipes, and ideas are encouraged.

The Pikes Peak Mycological Society is a non-profit organization dedicated to advancing interest in, and understanding of, the field of

mycology. Membership is open to all persons interested in mycology. Annual dues are \$10 for individual and family memberships.

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Stems & Pieces

Annual Picnic

Where has the summer gone? The annual PPMS picnic will be upon us in less than a month. This year the picnic will be at the youth camp in Palmer Park in Colorado Springs on 21 August. Expect further details at the July meeting and a map in the next newsletter.

Tour a mushroom farm

PPMS has arranged for a private tour of Rakhra Mushroom Farm in the San Luis Valley. The Rakhra

Mushroom Farm covers just under 325,000 square feet, handles all aspects of mushroom production from composting for the mushroom beds to packing or slicing the final product. The farm produces about 175,000 pounds of mushrooms per week. The exact date of the tour will be announced soon.



Meeting, continued

information about what toxins are present in local mushrooms and what to do in case of mushroom poisoning.

Don't miss this interesting and informative program from an

expert in her field. The meeting will begin at 7:00 p.m. on 26 Ju'. The meeting place is the Junior League office at 2914 Beacon Street.

Seventeenth Annual Colorado Mycological Society MUSHROOM FAIR

Sunday, 22 August
Denver Botanic Gardens
1005 York Street
Denver, Colorado

- Books & T-shirts
- Arts & Crafts
- Mushroom Identification
- Toxicology
- Wild Mushroom Displays
- Mycophagy
- Photography
- Cultivation

Free with your paid admission to the Botanic Gardens.

Official mushroom identifier:
Dr. Harry Thiers, San Francisco
State University

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Lee Barzee

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