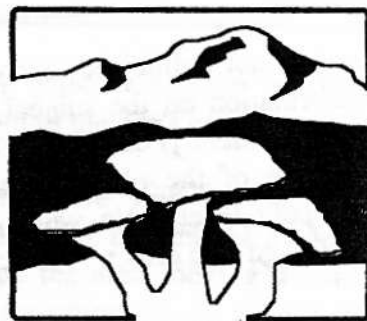


# Spore-Addict Times



The Newsletter of the Pikes Peak Mycological Society

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## PROGRAM NOTES

The featured speaker at the May meeting will be Ellen Jacobson presenting information about her recent trip to Costa Rico.. Her program will not only be about the mushrooms she found but will include general information about the country in a travelogue format. Ellen tells us she visited many life zones with an amazing array of flora which made the trip very unique.

Ellen has an "assortment" of BA and BS degrees plus a Master's degree in both Zoology and Biology. She has been traveling extensively since 1982 and is exceptionally well qualified to speak of her experiences in a way that is both informative and interesting.

Lee Barzee has chosen the <sup>NOT = NOT</sup> ~~Straw~~ mushroom (Enoki) as the mushroom of the month. This mushroom, which is native to Japan, is available in supermarkets in this country. This too promises to be an interesting subject and there is no one more qualified than Lee to present the information about it to us.

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**MEET AT THE UMB BANK 7:00 PM  
MONDAY, MAY 22ND  
HWY. 115 AND CHEYENNE MT BLVD.**

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## FIRST FORAY WAS A SUCCESS

We had an excellent turnout (20 members) for our first foray of the year. We found a reasonable number of yellow morels. (I don't know why we call them "yellow" when most of them are anything but yellow

I get scolded when I call them blond morels, but if you take a good look, that's what they are. In fact some are clearly "pale ash blond", not yellow).

We always have a great time on our first foray. Finding morels is, to me, icing on the cake. Putting the winter behind us and kicking off another season of hunting the elusive wild mushrooms of Colorado, trying hard to go where no one else has gone (for at least the past week) and hoping to find that one perfect beauty that will give us bragging rights for the whole season.

**HIKING PASS:** I called the Forestry Service and they referred me to the State Parks office. They didn't know what I was talking about. I then called the regional Wildlife office. They have the passes as does any place that sells game licenses. This is essentially what George Singer told us at the meeting in April. Thanks George for alerting us to this.

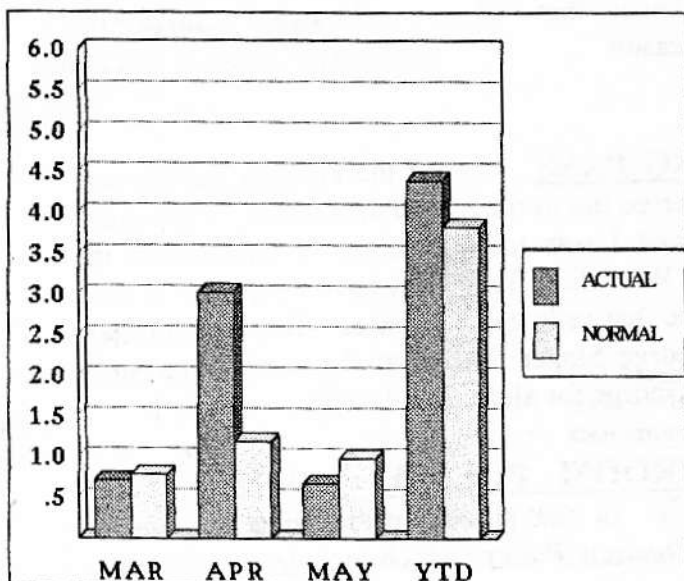
**MUSHROOM POLICY:** The U.S. Forest Service is in the process of revising the *Special Forest Products Policy* (which includes mushrooms). This information was published in the *Mycophile* Jan/Feb '95. The opportunity to send comments to the Forest Service ended February 15. Unfortunately, this

action was not publicized and we (I) did not receive any information on the subject until after the cutoff date for comment. I called the Forest Service and they were aware of the plan but have not received the revised policy yet. No word on when the revised policy will go into effect.

According to the *Mycophile*, "In the Pacific Northwest local mycological societies have been working closely with the various land management agencies, attending meetings, conferences, expressing views and offering assistance".

The agencies responsible for development of the new policy appeared to be receptive to the input from the mycological societies. I think we have every reason to be optimistic that the policy will reflect the hard work expended by our compatriots in the Pacific Northwest. Thanks a lot. We do appreciate your efforts on behalf of us all.

## COLORADO SPRINGS RAIN REPORT (IN INCHES, MAY THROUGH THE 15TH)



Hopefully, you have been on our forays recently and now have a large supply of morels on hand. Here's an excellent morel recipe, inspired by Brenda Davidson, and passed along to us by club members Elsie Pope and Lee Barzee. Do try this one!

### CAMARONES CON MORELS

- 1/2 Cup Chopped Onion
- 1 Tsp Lemon Juice
- 2 Small Chopped Garlic Cloves
- Salt & White Pepper
- 3 Tbsp Butter
- 2 Cups (more or less) morels
- 2 Tbsp Flour
- Ground Cayenne Pepper
- 1 Cup Dry White Wine
- Prepared Pasta

1. Clean the shrimp and reserve. Meanwhile:
2. Sauté the onion and garlic in butter until the vegetables are very soft but not brown.
3. Add the flour and stir about one minute. The butter mixture should be fully absorbed making a thick paste.
4. Add the wine and lemon juice. Stir until the mixture is thickened and very smooth.

5. Add the morels and simmer for six minutes.
6. Add salt and pepper to taste, then sprinkle in cayenne pepper in small amounts until the mixture is moderately spicy. Have faith! The spice flavors will come up slowly and deliciously.
7. Add the shrimp and continue to simmer until they have just turned completely white, about two minutes. Do not overcook. Stir in the parsley and serve over prepared pasta.

Olé!

by Dan Lacy

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### MUSHROOMING WITH INTEGRITY:

In the August 1991 issue of the *SPORE-ADDICT TIMES*, David Watson wrote an article with the above title. Some of the rules David suggested that we follow in his article may well be somewhat beyond the ability of most of us to abide by. However we can leave some mushrooms behind so they can spore and so others can be rewarded for their efforts as well. As David Arora said ...caring and sharing.

It is hard for me to walk away from even a small morel, but I am working on it because I know that it really is the correct thing to do. Morels do not appear to spore until they are quite mature. Fortunately, there are probably some left to spore because they are so hard to see. However, repeated trips to the same area by lots of sharp eyed seekers of this tasty morsel does run the risk of turning a good hunting area into an area where they used to be.

The Chanterelle also spores late in its life cycle. Knowing this makes it easier for me to leave some to ensure future "good pickings" in my favorite areas. Most, if not all, of the other edibles we gather are pretty well able to spore quite well in spite of man's hunger for them. The Bolete family for example will almost always have several old or wormy specimens

that any discriminating gatherer of prize mushrooms would not want included in the day's catch.

Another point in the article was to clean your mushrooms in the field, and to conceal the evidence of that effort. This keeps the area looking clean. As nature lovers that is something we all should take a keen interest in.

This does not even begin to cover all of David's points, but I know that our members know all this. It is up to us to help our new members to be as well versed as we are.

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### STEMS AND PIECES:

WATER is the body's most essential nutrient, not potato chips. If you only have room for one of the two, by all means choose water. Water is even more critical to our well being in the mountains. According to The Walking Magazine, after about 4 hours of walking body temperature rises to 102 degrees and exhaustion occurs. Nuff said... always carry water with you, you just might get lost and boy will you be glad you have water instead of potato chips. Thanks to Cas for the article from which this tidbit was taken.

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From the *MYCOPHILE*: "These are the oldest living mushrooms in the world", reports the British science magazine, *New Scientist*, in an article about the success of scientists at the University of Innsbruck, Austria in germinating spores taken from hay used by the Iceman to insulate his shoes. Scientists have determined the age of the Iceman to be approximately 5300 years. The two types of mushrooms found have probably been around since shortly after life began, according to fossil records found in rock layers and in petrified trees. To the unaided eye they appear to be more like a mold than a mushroom.

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**Spore-Addict Times**  
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