



The Newsletter of the Pikes Peak Mycological Society 1974-2018 Vol. XLV October 2018 Issue 3

THREE YEARS AND COUNTING

notes from the 2018 Telluride Mushroom Festival

by Jennifer Bell

I have been lucky enough to have attended the Telluride Mushroom Festival three times.

In 2015 I was drawn to the classic Colorado fungi celebration mostly because I'm a foodie, and because I had just finished reading Eugenia Bone's beautiful book, "Mycophilia". But frankly I was more interested in running in the mountains than I was in sitting through lectures. In fact, I was so obsessed with the trails that I passed up a forty (FORTY!) person foray led by the late, great Gary Lincoff, author of the National Audubon Society Field Guide to North American Mushrooms. My husband Barry said the foray with Gary was wonderful, fun and informative. He said that Mr. Lincoff was a monster with I.D.s! I will never be able to go on a foray with Mr. Lincoff ever again—sadly, no one will. The self-taught mycologist lived in Manhattan, but led myco-expeditions as far afield as Siberia, India, the Amazon & Telluride. He helped found the festival along with Dr. Manny Salzman. How strange & sad that we lost both of these accomplished, intelligent & spirited men in 2018.

Let's go back to 2015, which was a wet & wonderful year! The mushrooms did everything but jump in the back of your car! We forayed with Mr. John Sir Jesse. I will be straight with you: Telluride draws experts from all over the world, but Sir Jesse is a local, a
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photo by Jessica Langley, taken at the 2018 Telluride Mushroom Festival parade



**PIKES PEAK
MYCOLOGICAL SOCIETY**

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2018 PPMS OFFICERS:

The 2017 officers met in November of last year to vote on 2018 officers

President	Mike Essam
Vice -President	Ben Kinsley
Treasurer	Jessica Langley
Secretary	Jennifer Bell
Hospitality	TBA
Foray Coordinator	Michael Williams
Newsletter Editor	Jennifer Bell
Newsletter Publisher	Pat Gaffney
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Webmaster	Ben Kinsley
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Librarian/ Archivist	Brian Barzee

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Membership Options

Individual Membership: \$25.00

Individual Membership + printed newsletter by mail: \$30.00

Family Membership: \$30.00

Family Membership + printed newsletter by mail: \$35.00

Lifetime Individual Membership: \$250.00

Lifetime Family Membership: \$300.00

To Pay Online via PayPal: <http://pikespeakmyc.org/join/>

Send renewal checks to:

Treasurer c/o Jessica Langley
Pikes Peak Mycological Society
1010 N. Logan Ave.
Colorado Springs, CO 80909

Please make checks payable to PPMS.

*All statements and opinions written in this newsletter belong solely to the individual author and in no way represent or reflect the opinions of the Pikes Peak Mycological Society. To receive this publication electronically or by mail, contact Jessica Langley at: treasurer@pikespeakmyc.org
Archive copies of the newsletter are available in the Newsletters section of our website.*

Submissions for the next issue of Spore Addict must reach the editor, Jennifer Bell, by Feb 2019.

editor@pikespeakmyc.org

2018 UPCOMING EVENTS

Monday, October 22 @ 6:30pm

PPMS Potluck Dinner

Location: Jessica Langley & Ben Kinsley's house:
1010 N. Logan Ave., Colorado Springs, CO 80909

Members are invited to attend a Potluck. Please RSVP no later than Monday October 15 to Jennifer Bell: secretary pikespeakmyc.org and let her know what you'd like to bring.

We will need appetizers, entrees, desserts, wine, beer, soft drinks, veggies, salads, starches (rice, potatoes, etc) & bread.

NEWS

YOUTUBE PAGE

Webmaster, Ben Kinsley, created a youtube page for PPMS. On there will be any video we take of lectures, demos, forays, etc. Visit youtube.com and search for Pikes Peak Mycological Society or following the link at the bottom of our website.

GUESTS ON FORAYS

Board members voted to allow members to bring guests on forays for a suggested donation amount of \$5. We want to allow out-of-town visitors and friends of members to try out mushroom hunting with the Pikes Peak Mycological Society and to instill a welcoming atmosphere. It is important to note that non-members must be accompanied by a member, or they are required to sign up to attend a foray. Meetings are always free and open to the public.

SEEKING VOLUNTEERS

As the season is ending, we are planning ahead for next year. We are seeking volunteers to do a number of things. Please contact Jennifer Bell: info@pikespeakmyc.org if you are interested in:

- writing for the newsletter
- leading a foray
- hosting an event
- hospitality
- serving on the board

2019 FORAY COORDINATOR

Thank you Michael Williams for volunteering to be our foray coordinator for next year!

MEMBERS CHECKLIST:

Is your email & phone number up to date?



Send contact info to: Jessica
treasurer@pikespeakmyc.com

Have you paid your DUES?



If not, please send to:
Jessica Langley
1010 N. Logan Ave.
Colorado Springs, CO 80909

Care to Volunteer?



Reach out to: Mike Essam
president@pikespeakmyc.org



PPMS Member, Michael Williams with some late Fall *Pleurotus populinus* (Oyster Mushroom, Aspen Oyster)

...continued from Pg. 1 **Telluride**

mountain guide winter, summer, spring & fall. He knows the hills, and he knows what grows.

However, I was a big dummy. I wouldn't say I got lost, but I got distracted & didn't pick the right way back to the group. If you have never been lost in the mountains, then you don't know how it happens. It happens because you become hypnotized by the fungal jewels growing at your feet and the fungal fruits hanging from the trees. Luckily I am not a diabetic, and I don't have a heart condition. I was able to walk out on my own two feet, feeling like a idiot, but walking out, and I didn't lose one of the boletes that I had hunted. I paid my debt, though—Barry & I took John & a couple of other guys who stayed behind to help locate me to dinner at La Marmotte. La Marmotte is Telluride's excellent French bistro, & Mr. Sir Jesse got to interrogate our server about how the mushrooms on the menu were sourced.

So that became the rule! **YOU GET LOST ON A FORAY, YOU BUY DINNER FOR THE GROUP.** It is inspired by the river rat rule: if a kayaker has to bail from his or her boat, and everyone else has to go in to the river to rescue the gear, then that person has to buy a case of beer for everyone to share.

In 2017 I attended the festival as a volunteer. The brilliant Linnea Gillman led a trek in to the Lizard Head Wilderness. We had a large group, and we all agreed that everyone is responsible for the hikers who drove over with them. Otherwise, remember the rule! Because ANYONE can get lost, including the physician from Arizona who "didn't choose the right way back to the group". He took us out to La Cocina de Luz for burritos & margaritas. If hikers keep getting lost, this story about the Telluride Mushroom Festival might turn in to a restaurant review!

Now it's 2018 & something occurred that is brand new and totally unexpected, even to Grand Poobah Dr. Britt Bunyard...a sold out festival! The funky little mountain event drew DOUBLE the number of attendees, and the keynote addresses had to be moved to a larger theatre in Mountain Village. Even still, there were people (& their dogs!) sitting and standing in the aisles and on the floors to listen to Mr. Paul Stamets talk about how he can save the bees with mushrooms, how fungi won World War II for the Allies, & how psilocybin is crashing in to the walls of academia & the labs of cancer centers all over the world, curing the incurables like alcoholism and depression.

As Dr. Bunyard was driving to his new Midwestern home Telluride in his SUV with license plate FUNGI3, he took the time to call me & talk about what he thinks attracted the big crowds this year. In his opinion it was Stamets, Stamets, Stamets! The leading light of the mycological world is a man who has thrown all of his eggs in one mushroom basket, and by that I mean, his business AND his belief system are all about the mushroom. He was so impatient to jump in

headfirst that he didn't bother getting his doctorate. He had sixty-five mushroom-related patents to get working on, medicinal, ecological and more. Mr. Stamets makes an appearance in Telluride every four or five years and even helped get it off the ground, along with Dr. Andy Weil, Dr. Manny Salzman, and Mr. Gary Lincoff. The thing about Stamets is this: some of us are "citizen scientists", some of us like to traipse through the woods on the hunt for edibles, some of us are academics or growers—but Paul is all that and more. Check out *Fungi Perfecti*...he will not tell you to. But take it from me—the fungal materials that he sells are VERY cautiously sourced with things like pollution in mind.

Who will be the star of the show in 2019? Mr. Michael Pollan, that's who. He is the best-selling author who gave us "How to Change Your Mind" this year, and he will be the keynote speaker next year. Pollan is a former New York Times journalist who, in the past, has written about food in books such as "The Omnivore's Dilemma" and "The Botany of Desire". He has a clear voice, is a believable thinker & a very thorough researcher. His new book tells the story of psychedelics, from the accidental first trip (in Switzerland in the 1940's) to today's use of synthetic psilocybin at NYU to treat cancer patients for anxiety.

Now that psilocybin and mushrooms are an aboveboard topic, it would seem that next year will also be sold out. Mark your calendars! Check the 2019 Telluride Mushroom Festival's website and Facebook page around the holidays. Tickets will be half price at that time, but not for a very long. You can pretty much give up on becoming a new volunteer as they have a full roster now of sixty or more experienced people who do the work that makes everything run (kinda) smoothly. I asked Britt if he sees a future when the TMF will no longer use (exchangeable) wristbands or when security will become an issue, and he said, "It's not my job to sell a lot of tickets. The Festival is owned by the Telluride Institute. I am not a promoter. I am the festival's Executive Director, and I love it when the locals come to our free events and I love it when the campgrounds are full!"

So, get your tickets early. If you're a fungi fan you will want to experience this at least once before you die. The TMF is the biggest meeting of mycological minds in the world, and, it's a great party! It is only going to get bigger now because, in this writer's opinion, the time of mushrooms is NOW. When I interviewed Mr. Stamets at SOMA earlier this year for a podcast he said that he thinks mushrooms have remained secretive and mysterious because the mycelium is invisible, and the fruiting bodies appear for a blink of an eye. People like Paul, Britt & Michael Pollan are bringing that world to the surface.

I chatted with Montana myco-musician, Larry Evans, at a post-festival matsutake foray. I mentioned my contention that the time is now, finally. He said, "I've been fighting for so long that I don't know how to STOP fighting!", for the mushroom, that is. 🍄



Mushroom Parade

A picture of the author (in green) at this year's TMF with fellow PPMS member: Pat Gaffney



at Lizard Head Pass

Jennifer Bell and her new friend found tricholoma sp.... not matsutake but close!

PAPERMAKING WITH FUNGI

PPMS member & artist Ms. Joanne Williams reports on a special class last month

To say that Jessica Langley out did herself last month with her papermaking presentation is an understatement. She rocked it!! First let me preface this review by saying I coming from the perspective of a retired art teacher (District 12, Cheyenne Mountain High School) who knows the exhaustive planning and preparing that goes into doing a presentation of this scope, she deserves our gratitude.

Jessica used her knowledge of traditional papermaking with the twist of using fungus to make the fibrous slurry. Jessica not only spent the summer foraging these select specimens of Polypores, but later soaked them, ground them, and made a pulp that would make the slurry.

Using special screens called mould and deckles, which she built, our job was to pull through this slurry to produce an even layer of fibers that would make for a smooth attractive piece of finished paper. It was challenging, but success was achieved as evidenced with the group showing off their accomplishments with smiles abound.

The part that left me in awe of Miss Jessica was the sheer amount of talent, time and effort that she volunteered to our club so we all could experience one of her many passions. On behalf of the club we extend a hearty thank you!!

On a side note I was talking to her husband, Ben Kinsley (also a teacher and an artist), about the Turkey Tail mushroom. You all know that it is medicinal. The trametes is a very common mushroom, and it was employed as far back as the Ming Dynasty to boost the immune system. Today it is given to cancer patients to combat the damage that chemotherapy does to the human body. The FDA is not on board yet, but many naturopaths are. However, it also makes for a fine sheet of paper according to Jessica's sample.

Mr. Kinsley and I pondered ways to take advantage of BOTH of the uses of this magnificent mushroom. Ben's idea is to boil the fungi first in order to have the broth for its medicinal application, then use the fiber left in the bottom of the pot to make paper. Sounds like a great idea to me! Jessica could no doubt figure out if this is a viable way to take FULL advantage of this mushroom's magic. This would make for a great discussion at a future PPMS meeting. *hint hint...*

I love the way this club has grown and morphed into the engaging educational experience that inspires us to stay curious.

Thank you for the leadership that made this come about, and again, a personal thank you Jessica. - *Joanne Williams*



Jessica Langley and PPMS members getting their hands wet in mushroom slurry.



samples of mushroom pulp after being formed into paper.



LEFT: a view into Jessica's studio as she demonstrates how to make paper from mushrooms to PPMS members.

BELOW: PPMS member, Roshan Pierre holding up a sample of paper made from fungi.

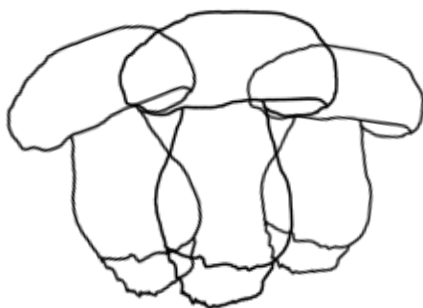




THIS PAGE, TOP: Members proudly display their finished paper!

BOTTOM LEFT: Jessica lifts the mould and deckle out to drain the water, leaving just the pulp. BOTTOM RIGHT: Jessica demonstrates the "couching" process, which removes the pulp from the screen.

NEXT PAGE, TOP LEFT: Member try the couching process. TOP LEFT: Member transfer wet pulp to non pourous surface to dry into paper.



**Mycology-Solstice
by Art Goodtimes**

*Unearthing
the dark's shroom hyphae
In flickerlight's ember nebulae*

*And watching stars
like petri dishes
of expanding mycelial thought*

PPMS BOARD MEMBERS WIN COSTUME CONTEST AT 2018 TELLURIDE MUSHROOM FESTIVAL

Congratulations to Jessica Langley and Ben Kinsley!

MOST SPORRIFIC!





OPPOSITE PAGE

Jessica Langley (left), as sp. *Phallus induciatus* and Ben Kinsley (right) as sp. *Mutinus caninus*

THIS PAGE

ABOVE: Jessica and Ben met Paul Stamets (center) during the Telluride Mushroom Festival Parade.

LEFT: Jessica and Ben with someone dressed in a costume of Paul Stamets!

BELOW: a costume based on the cover image of David Arora's *All That the Rain Promises and More*.



RECIPE

“Oysters” Rockefeller

from the book, MO Wild Mushrooms by Maxine Stone

2-3 cups oyster mushrooms, cut to resemble oyster shells

3/4 cup beer

1 clove garlic

Salt & 3-4 peppercorns

2 TBSP butter

1 onion, chopped

1 clove garlic, minced

1 10oz package frozen spinach, thawed, drained & chopped

1/4 cup each shredded Monterey Jack, fontina and mozzarella cheese

1/4 cup milk

1/2 cup seasoned bread crumbs

1. Put mushrooms in a large pot, add beer and enough water to cover. Add whole garlic, salt and peppercorns. Bring to boil, simmer about 5 minutes. Remove from heat, drain and cool. Arrange oysters on baking sheet.
2. Melt butter in pan over med heat, cook onion and chopped garlic in butter until soft. Reduce to low, add spinach and cheeses. Cook until cheese melts, stirring frequently. Stir in milk, season to taste. Spoon sauce over each oyster, as if you were filling an oyster shell. Sprinkle bread crumbs over sauce.
3. Bake in 425* preheated oven until golden and bubbly.

Serves 8

This recipe came from PPMS member & Pueblo resident Christine Archer. Christine spent some time in St. Louis where she got to know Ms. Maxine Stone who is a Master Gardener, Master Naturalist & an expert in mushroom identification.

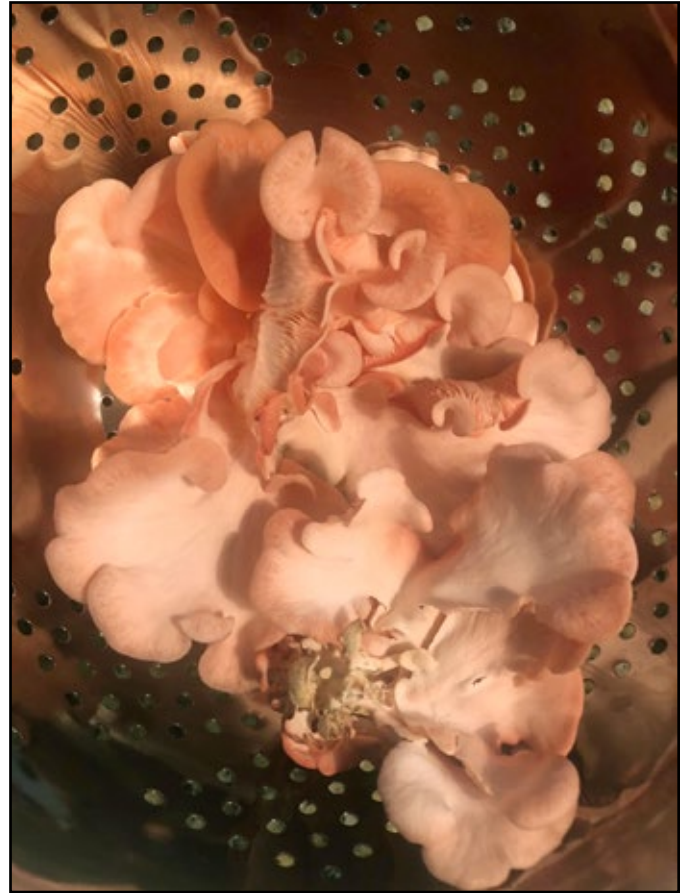
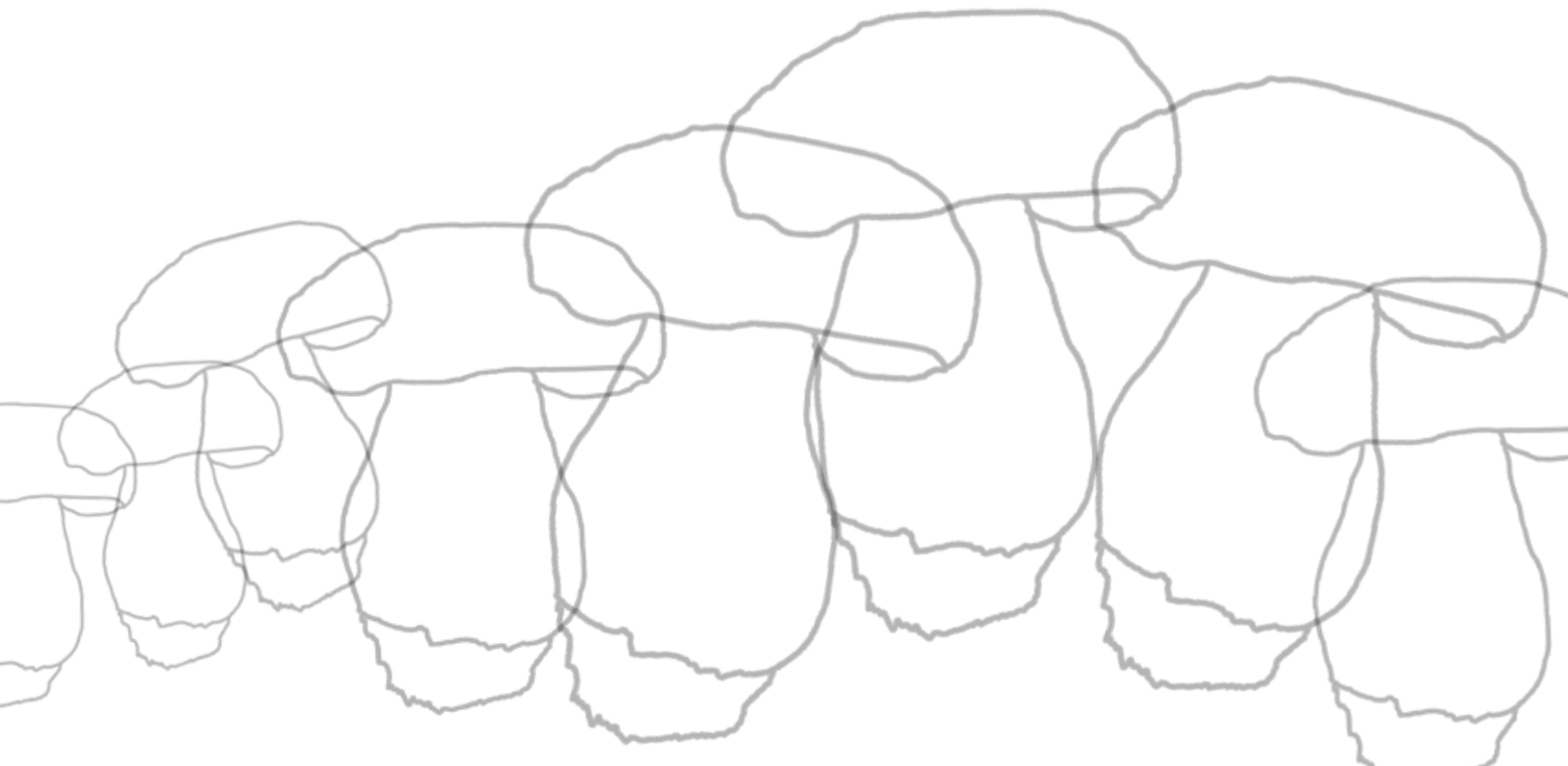


photo by Jennifer Bell - a Pleurotus d'amour grown in her basement farm





photo by Jessica Langley, Flammulina velutipes (Velvet foot, Enoki, Enokitake)



FROM THE WEB:

FROM SCIENCEDAILY.COM

World's oldest fossil mushroom found

SOURCE: Materials provided by University of Illinois at Urbana-Champaign. Original written by Diana Yates. June 7, 2017



The mushroom was uncovered in the Araripe Basin, in northeast Brazil, in a limestone layer called the Crato Formation.

Credit: Graphic by Danielle Ruffatto

Roughly 115 million years ago, when the ancient supercontinent Gondwana was breaking apart, a mushroom fell into a river and began an improbable journey. Its ultimate fate as a mineralized fossil preserved in limestone in northeast Brazil makes it a scientific wonder, scientists report in the journal PLOS ONE.

The mushroom somehow made its way into a highly saline lagoon, sank through the stratified layers of salty water and was covered in layer upon layer of fine sediments. In time -- lots of it -- the mushroom was mineralized, its tissues replaced by pyrite (fool's gold), which later transformed into the mineral goethite, the researchers report.

"Most mushrooms grow and are gone within a few days," said Illinois Natural History Survey paleontologist Sam Heads, who discovered the mushroom when digitizing a collection of fossils from the Crato Formation of Brazil. "The fact that this mushroom was preserved at all is just astonishing.

"When you think about it, the chances of this thing being here -- the hurdles it had to overcome to get from where it was growing into the lagoon, be mineralized and preserved for 115 million years -- have to be minuscule," he said.

Before this discovery, the oldest fossil mushrooms found had been preserved in amber, said INHS mycologist Andrew Miller, a co-author of the new report. The next oldest mushroom fossils, found in amber in Southeast Asia, date to about 99 million years ago, he said.

"They were enveloped by a sticky tree resin and preserved as the resin fossilized, forming amber," Heads said. "This is a much more likely scenario for the preservation of a mushroom, since resin falling from a tree directly onto the forest floor could readily preserve specimens. This certainly seems to have been the case, given the mushroom fossil record to date."

continued on pg. 15 . . .

...continued from pg. 14. **The World's oldest fossil mushroom found**

The mushroom was about 5 centimeters (2 inches) tall. Electron microscopy revealed that it had gills under its cap, rather than pores or teeth, structures that release spores and that can aid in identifying species.

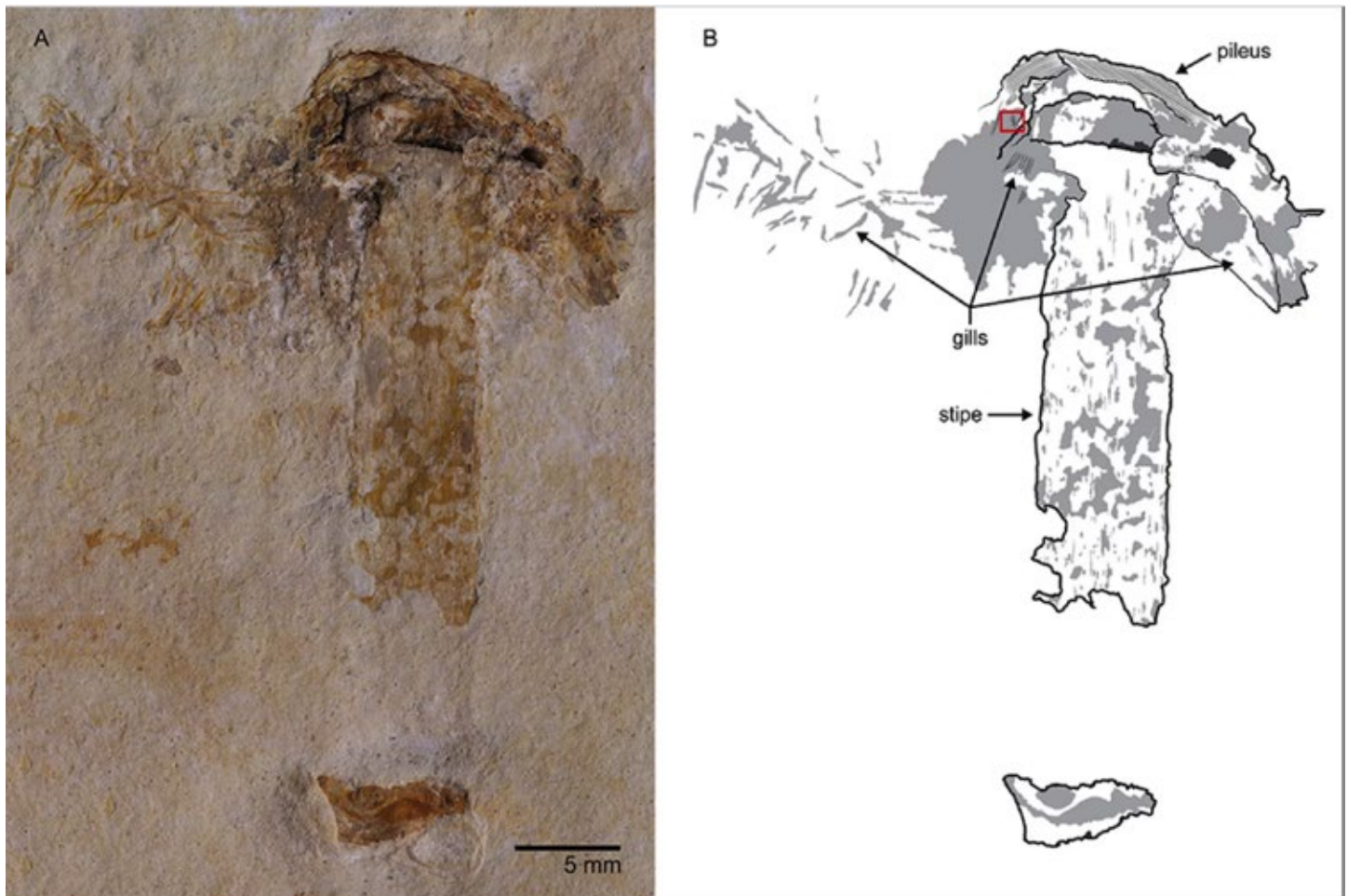
“Fungi evolved before land plants and are responsible for the transition of plants from an aquatic to a terrestrial environment,” Miller said. “Associations formed between the fungal hyphae and plant roots. The fungi shuttled water and nutrients to the plants, which enabled land plants to adapt to a dry, nutrient-poor soil, and the plants fed sugars to the fungi through photosynthesis. This association still exists today.”

The researchers place the mushroom in the Agaricales order and have named it *Gondwanagaricites magnificus*.

Journal Reference:

Sam W. Heads, Andrew N. Miller, J. Leland Crane, M. Jared Thomas, Danielle M. Ruffatto, Andrew S. Methven, Daniel B. Raudabaugh, Yinan Wang. The oldest fossil mushroom. PLOS ONE, 2017; 12 (6): e0178327 DOI: 10.1371/journal.pone.0178327

University of Illinois at Urbana-Champaign. “World’s oldest fossil mushroom found.” ScienceDaily. ScienceDaily, 7 June 2017. <www.sciencedaily.com/releases/2017/06/170607141349.htm>.



The oldest mushroom fossil on record is about 115 million years old.

Credit: Photo by Jared Thomas/Drawing by Danielle Ruffatto

source: <https://www.livescience.com/59399-oldest-mushroom-fossil-on-record.html>

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