



The Newsletter of the Pikes Peak Mycological Society      1974-2019      Vol. XLVI      October 2019      Issue 4

# PPMS Members Attend New Moon Mycology Summit

By Mercedes Perez Whitman  
*Featuring photos by Mercedes Whitman and Anna Wermuth*



The New Moon Mycology Summit is an annual gathering put on by The Mycelium Underground (TMU), a group of organizers committed to creating community in mycology and social justice efforts. Operating like a mycelial web, they work to dismantle varying forms of oppression that inhibit participation in the study of the fungal queendom and celebrate collaboration in cultivating a better world for all.

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PIKES PEAK  
MYCOLOGICAL SOCIETY

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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 Beth Leake

1370 Golden Hills Road, Colorado Springs, CO 80919

*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 Beth Leake at: [treasurer@pikespeakmyc.org](mailto:treasurer@pikespeakmyc.org)*

*Archived copies of the newsletter are available in the Newsletters section of our website.*

*Submissions for the next issue of Spore Addict must reach the editors, Mercedes Whitman & Jessica Langley, by Feb 15, 2020.*

[editor@pikespeakmyc.org](mailto:editor@pikespeakmyc.org)

## 2019 UPCOMING EVENTS

### End of Season Potluck - bring your favorite mushroom dish!

**When:** Wednesday, October 23 @ 6:00pm

**Where:** 1370 Golden Hills Road, Colorado Springs, CO 80919

## MEMBERS CHECKLIST:

### Is your email & phone number up to date?



Send contact info to: Beth  
treasurer@pikespeakmyc.com

### Have you paid your DUES?



If not, please send to:  
Treasurer c/o Beth Leake  
1370 Golden Hills Road,  
Colorado Springs, CO 80919

### Care to Volunteer?



Reach out to: Jennifer Bell  
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## NEWS



### PPMS at the COOL SCIENCE FESTIVAL!

2019 PPMS Co-President, Ben Kinsley, set up a table at the UCCS COOL SCIENCE! Festival. He brought specimens and books to teach curious kids all about mycology. PPMS members Pat Gaffney, Jennifer Bell, and grandson Jonah helped to myceliate young minds (pictured above).



## SEEKING VOLUNTEERS

We really mean it!! We can't do this without you. Looking ahead to next season, we are seeking volunteers to do a number of things. Please contact Jennifer Bell, info@pikespeakmyc.org, or Ben Kinsley via email president@pikespeakmyc.org if you are interested in:

- coordinating forays
- writing for the newsletter
- hosting an event
- volunteering as officer
- record keeping on forays
- leading a foray
- hospitality
- herbarium liason

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## New Moon Mycology Summit

Why “new moon”? On the Summit’s website it states:

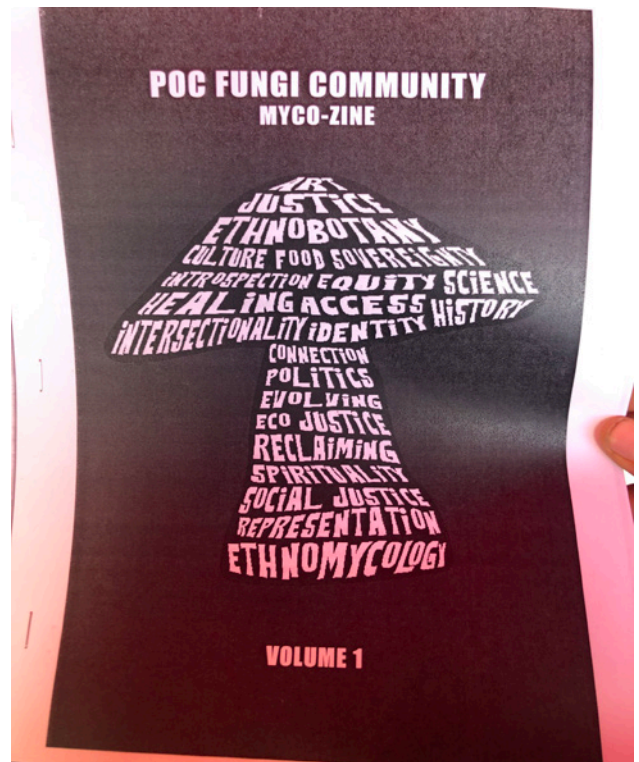
*“We are part of the greater ancestral cycles of the planet. Honoring and tuning into the moon cycles remind us of our true natural past. The darkness of the new moon represents a time of beginnings, unformed potential, and mystery. We honor the unknown future that can arise from the seeds we plant during this fortuitous time. With our hearts in the dark phase of the moon, and our bodies connected to the Earth, we seek the inclusion of womxn and the eventual dismantling of the fearful patriarchal hold on our world at large, calling forth inclusive iterations of mycology, the sciences, environmental justice, & more.”*

As its name suggests, the Summit provides a safe space for learning, healing and increasing accessibility to and the overall scope of mycology. It’s also a space for many different disciplines to come together to address intersectional\* justice issues.

This year’s Summit took place August 29-September 2 in Thurman, NY in the beautiful Adirondacks on Mohawk territory. For accessibility, tickets were on a sliding scale of \$100-450, which included onsite camping and three meals a day featuring local food prepared by Seeds of Peace catering company that fights the building of pipelines in Appalachia. Over 300 attendees from all over the U.S. came this year. There was programming for kids and families throughout the weekend as well, inviting more intergenerational gathering and education. A 12 year old, Brett Smith, led a talk called “Cool Uses of Fungi” for other kids! In the basement of the house for staff and presenters was the Myconnection Cultivation Space, a lab with the necessary supplies for making mushroom cultures and included a microscope to examine mushrooms more closely. There were hands-on cultivation demos there during the weekend. Throughout the Summit grounds were “Shiitakers,” compost toilets managed by a crew of volunteers led by the Spontaneous Vegetation radio host, ecological systems designer, and much more, Nance Klehm.

There were talks, walks and panel discussions throughout the summit. Some of my favorites include:

*\* Intersectionality is a term first used in this context by Professor Kimberlé Crenshaw to describe how race, gender, class, and other factors overlap, describing the complexity of systemic oppression and the different and shared experiences people have depending on how these factors affect them.*





“Mycology is a Queer Science” by Patty Kaishian of Syracuse, NY; “Hyphomycetes - To Fear or Not to Fear?” by Tess Burzynski of Fungi Freights in Detroit, MI; “Intersectional and Interdimensional” by Mario Ceballos of POC Fungi Community in San Diego, CA (Kumeyaay territory); “5 Solutions for Land-Based Wealth Redistribution” and “Exploring Mushrooms + More than Human Personhood” by Hyperion Çaca Yvaire of the Northeast Farmers of Color Land Trust; and “The Sex Life of Mushrooms” by Willoughby Arevalo, author of *DIY Mushroom Cultivation*, in Vancouver, Canada (unceded Coast Salish territory).

Fellow PPMS member Anna Wermuth, who volunteered, and I made the journey from my dad’s house in New Jersey to the Summit in an old white van he uses for work, stopping at some farms in the Hudson Valley along the way to pick up food donations. We also spotted fresh oyster and turkey tail mushrooms on the side of the road and had to pull over for a quick harvest. I feel so fortunate to have participated at the summit as a presenter, giving a talk called “High desert Mushroom

Cultivation and Other Fungal Pursuits: Diverse Strategies in an Increasingly Temperamental Climate.” I talked about my experiments creating microclimates to cultivate mushrooms in my yard and working with mycelium for erosion control and boosting plant yields, sourcing growing materials for free or very cheap, integrating mycology into my work as a landscaper, current and hopefully future collaborations within the community, and how my work can be applied even in very different climates especially as the globe gets hotter and more arid. I met and reconnected with so many inspiring people who do the everyday work to increase awareness around mycology and its intersections with social justice issues.

Ava Arvest, owner of MycoUprrhizal in Olympia, Washington, gave a talk called “Myco-Emotional Remediation: Cultivating the Toxic Narrative” which debuted at the 2019 William Padilla-Brown’s MycoSymbiotics Festival in Harrisburg, PA. She applied the practice of mycoremediation to human emotion and behavior. She stressed the importance of self-care in healing

ourselves in order to heal the planet, and how mycology and other sciences reflect the predominant culture and emotional wellbeing of individuals participating in it. Thus, emotional remediation is so important. Her handout included questions that I think all mycological communities could benefit from reflecting on:

1. What is Emotional Remediation?
2. Why do you think it's important to the mycological community?
3. Why do you think people are scared of it, or out-right dismissive of the idea?
4. What is the benefit of identifying the source of toxicity, versus vilifying it?
5. When addressing toxicity that is based in experiences what are some ways we could "chelate" these vectors for on-going toxification? What are some approaches that could make things worse?
6. What aspects of the greater mycological community do you feel are currently in need of myco-emotional remediation?


Outside of their amazing presentation, Mario Ceballos debuted the POC Fungi Community Myco-Zine Vol. 1, which states that the Community exists to create a safe space for QTPOC to access medicinal and edible mushrooms and nature, learn and share their experiences, and engage in mycology outside the academic institution dominated by white men. It opens with its "Intention," presented in both English and Spanish, stating, "Your immigration status, gender identity, sexual orientation matters and we want to recognize you and want to make everyone feel safe and included." It also features commentary on the Psychedelic "Renaissance" and microdosing culture in Silicon Valley, mushroom recipes, and resources for further mycological exploration. Issues with the Psychedelic "Renaissance" were also discussed during the "Sacred Plant and Fungi Decriminalization" panel with Ceballos, Yarelix Estrada, Allie Rose, Antonia Perez, and Estaban Orozco.

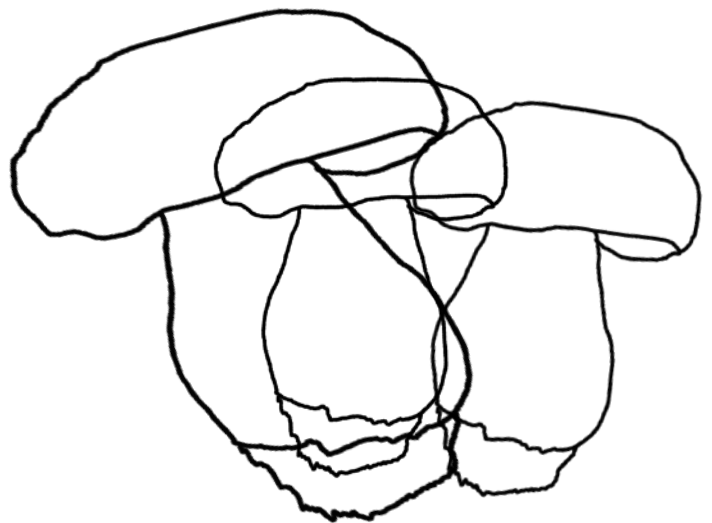
I appreciate that the summit included topics in realms like Phycology (the study of algae) and Lichenology, giving voice to those that say indeed, the Queendom of Fungi deserves respect and to not be ignored amongst the sciences but it shouldn't





be considered a superior science, nor is it just fungi that can “save the world.” William Padilla-Brown of MycoSymbiotics premiered his talk “Biological Alpha & Omega,” stressing the importance of algae in the formation of life on Earth, its historical significance in some indigenous diets and health benefits and DIY methods of spirulina cultivation. Nova Patch of the New York Mycological Society (NYMS) gave a talk called “Urban Lichens of the Northeast,” my first introduction to the fascinating world of lichens. By the end of the talk I was convinced I need to start paying closer attention to lichens and learned how their presence or lack thereof can signal certain environmental distresses, like how SO<sub>2</sub> emissions contribute to a lichen’s decline.

I’m certain that, circumstances allowing, Anna and I will be returning to New Moon Mycology Summit for the years to come. It was the most welcoming and inclusive mycologically-focused space I’ve been in and I hope to continue learning, teaching and growing there. Learn more about The Mycelium Underground and New Moon Mycology Summit at [www.themyceliumunderground.com](http://www.themyceliumunderground.com), [www.newmoonmycologysummit.org](http://www.newmoonmycologysummit.org), @newmoonmycologysummit on Instagram and Facebook. 





*Xylaria Polymorpha, aka Dead Man's Fingers, costumes at Telluride Mushroom Festival (Ikonnen left, Kinsley center, Langley right)*

## **Report from the 2019 Telluride Mushroom Festival**

By Ben Kinsley

The Telluride Mushroom Festival is a celebration of all things fungi and has occurred annually in Telluride, Colorado for over 30 years. I had been keen on experiencing this festival ever since I first heard Gary Lincoff telling tales of eating raw *Boletus rubiceps* in the Rocky Mountains. In 2015, this seemed like a fairytale to those of us foraging for mushrooms in the parks around New York City with Gary and the New York Mycological Society. When I moved to Colorado Springs two years ago, I knew where my priorities lay.

This year marked my second trip to the Telluride Mushroom Festival, a pilgrimage I hope will become an annual tradition. Here is a recap of my 2019 TMF experience:

### **Wednesday, August 14**

The first day of the festival is primarily an arrival day for attendees who flock from all over the world to gather in the small town of Telluride and nerd out on fungi. For the early-birds there were forays, Mycoremediation workshops, and a VIP Dinner prepared by Graham Steinruck (I'm not VIP, but I saw the photos and overheard compliments to the chef, so I can report it was a magnificent meal). The evening activity featured a screening



of the documentary film “Know Your Mushrooms” and a Beer Launch Party for the mushroom infused brews that Tradd Cotter created in collaboration with the Telluride Brewing Company. I tried them all (several times). There was a Reishi Red Ale, a Bird’s Nest Pale Ale, and a third which I can’t remember... maybe Lion’s Mane? Given my memory loss, probably not.

### Thursday, August 15

We woke up bright and early and stood in line for an hour to get our spots on the full-day foray with chef Chad Hyatt. We went to two locations in the mountains around Telluride in search of edible mushrooms. We found the largest, cleanest, worm-free *Boletus rubiceps* I’ve ever seen! And a variety of other mushrooms that Chad prepared for us on a camping stove at 11000 ft. Chad cooked most mushrooms simply in olive oil, to allow us to sample the various natural flavors. We ate Prince *Agaricus* (which tasted like almond extract), *Boletus rubiceps* (always a crowd pleaser), *Albatrellus confluens* (not everyone’s cup of tea), and a few other species paired with wine. He demonstrated how he cooks *Sarcodon imbricatus* (aka Hawk’s Wing). After frying in olive oil for a few minutes Chad recommends adding water to the pan, covering the mushrooms, and letting it cook off. This ensures the mushrooms have cooked through and helps soften them up a bit. I must admit, I enjoyed Hawk’s Wings for the first time prepared this way. Chad also brought some of his Black Trumpet Jam for us to try, which was... out of this world! Chad recently released a cookbook called “The Mushroom Hunter’s Kitchen” which includes many excellent recipes (including his Black Trumpet Jam). I’m pretty sure he sold out of his books that day.

Thursday night was capped with a Keynote Lecture titled “From Bench to Bedside: Progress in Psychedelic Research by chemist, Professor Emeritus of Pharmacology at Purdue, and world leader in research on dopamine, David Nichols.

Afterwards, we drank more mushroom beer.

### Friday, August 16

We spent the day Friday attending lectures in town. First, was PPMS member Greg Sanchez’s talk “Hyperfocused Distractions with Mycophilia, Mycophobia, and Ethnomycology.” It was an overview of

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*View near Wild Boy Lake*



*Chad Hyatt's cooking demo at 11,000 ft*

the historical foundations of ethnomycology and an examination of mycophylic and mycophobic attitudes throughout (mostly) American culture, which he presented for PPMS earlier in the summer. It was great to see PPMS representing at the Telluride Mushroom Festival!

Other talks we saw on Friday included “What’s It All About? Lessons Learned by a ‘Psychedelic Psychotherapist’” by Peter Hendricks, “Mushrooms and Human Health” by Ken Kassenbrock, and “Psilocybe Mushrooms of North America and Beyond” by Britt Bunyard.

Friday’s Keynote lecture was by Giuliana Furci, founder of Chile’s Fundacion Fungi. It was an inspiring talk about her mycological work in Chile, and her mission to get mycology taught in schools across the globe. With The Fungi Foundation she is developing a global mycology curriculum!

Friday concluded with a wild and wonderful “Open Mic Night” emceed by the Shroompa himself, Art Goodtimes. It was an hours-long event featuring mushroom-inspired poetry, readings, performances, raps, and an improvised rendition of Lewis Carroll’s “Jabberwocky.” One highlight, among many, was Catskill Fungi founder John Michelotti’s rendition of “No Slugs” - a rewrite of TLC’s “No Scrubs” with lyrics such as “No, I don’t want no slugs, a slug is a bug who eats my mushrooms...”

Mushroom beer was consumed throughout this event.

### **Saturday, August 17**

Saturday morning we joined a Wild Food Foray led by Katrina Blair. Katrina teaches sustainable living practices and wild edible and medicinal classes locally and globally, and is author of the book “The Wild Wisdom of Weeds: 13 Essential Plants for Human Survival.” Katrina commutes to the TMF every year from Durango on foot - a 6 day journey - eating only foods she can forage along the way! On the Wild Food Foray, Katrina walked us through the streets of Telluride and we identified and tasted most of the 13 essential plants in her book, all within a few block radius. We found clover, dandelion, dock, lambsquarter, mallow, plantain, thistle, purslane, and a variety of grasses. She talked about the nutritional and medicinal properties of each



*Jessica Langley with her perfect Boletus rubiceps*



*Riitta Ikonen with more perfect Boletus rubiceps!*



*Katrina Blair leading a Wild Foods Foray*

of these common (worldwide) plants that most consider to be “weeds.”

The main attraction of the day was the Mushroom Parade and Costume Contest! Once again, Art Goodtimes was the master of ceremony. Art wore a cape and his Shroomba hat (donned with polypores and other forest fungi), and carried a staff as he led the parade. Hundreds of mushroom-wardrobed followers chanted “We Love Mushrooms” down W. Colorado Ave. During the parade, costumes are judged for their creativeness, visual impressiveness, and accuracy to species. It is my esteemed pleasure to announce that Jessica Langley (PPMS Newsletter editor/designer), Riitta Ikonen, and I were awarded “Best Ascomycetes” for our embodiment of *Xylaria Polymorpha* (Dead Man’s Fingers). Last year, Jessica and I won “Most Sporific” for our stinkhorn costumes. The pressure is on for next year! We’re going for a Turkey!

Saturday evening closed with the Keynote Lecture “Mushrooms, Molds, and Mycorrhizae” Down the Rabbit Hole” by Tradd Cotter, who spoke about a variety of

inspiring projects that he and his partner Olga do with their company Mushroom Mountain in South Carolina. Filled with mind-blowing mycological facts, humor, and inspirational tearjerkers about the potential of mushrooms to change the world, this was a great bookend to an inspiring week among mycophiles.

By the time we got to the bar that night, all the mushroom beer was gone. ☹️



# There's More to Life Than Mushrooms

By Alyssa Hartson

Or is there? A small but growing number of people might beg to differ. To us, The Mushroom People, life practically revolves around mushrooms. We're so integrated with them that it's often difficult to remember that most people we interact with everyday don't speak mushroom fluently. This is our chosen way of life that we can't seem to get enough of, and a multidimensional world that only gets better as we go.

We know that fungi is all around us and that much of what exists in the world is because of fungi. We live and breath mushrooms. We're fascinated and obsessed by these mysterious organisms. After a successful hunt, we feel elated, even euphoric. An unsuccessful hunt leaves us feeling frustrated and, perhaps, even a little betrayed by the mushroom Gods. When others complain about too much rain or snow, we hope we get a whole lot more. Come spring, we can tell you the exact soil temperature for any elevation until we start seeing morels-not too many people can say that!

Our obsession can best be described by the words of one man: "We'll walk for miles, until our feet are bleeding, hunting mushrooms." As this bounteous season comes to a close, our bleeding feet begin to heal, and the mushroom fog slowly begins to clear from our heads a bittersweet sadness starts creeping in. We start wondering, "Now that the season is over, what shall I do?" as we stare longingly out the window, reminiscing.

The 2019 season was absolutely incredible, starting with the oysters and morels, to the height of the season with the boletes and lobsters, and finally closing out strong with the shaggy parasols and shaggy manes.

Though the hunting season is winding down, your mushroom adventures don't have to end here. There are still plenty of mushroom things to do! With so much to learn about these wonderful, fascinating organisms, now is the time to explore other areas of the mushroom kingdom. Here are 10 things you can do to continue having fun with fungi after the season is over:

1. Louie Schwartzberg's movie "Fantastic Fungi" opened October 11
2. Brush up on your 'shroom knowledge. Pick up a copy of [Mushrooms of the Rocky Mountain Region](#) by Vera Evanson. You won't know what you




*Alyssa Hartson with her best friend*

ever did without it!!

3. Teach or take a mycology class
4. Clean up your hunting grounds. Help the mushrooms and the planet by picking up some trash each week
5. Scout- start planning and strategizing for next year
6. Explore the medicinal properties of mushrooms like Reishi, Chaga, Lion's Mane and Shiitake
7. Be artistic. Have craft time with the kids, or all by yourself, and create mushroom art!
8. Grow your own! Find everything you need at fungi.com - Paul Stamets' own website
9. Become a mushroom mentor and take a newbie under your wing to share your knowledge (your kids count!)
10. Commit yourself to learning about 5 new mushrooms, become an expert on them, then volunteer to give a lecture next season for the club!

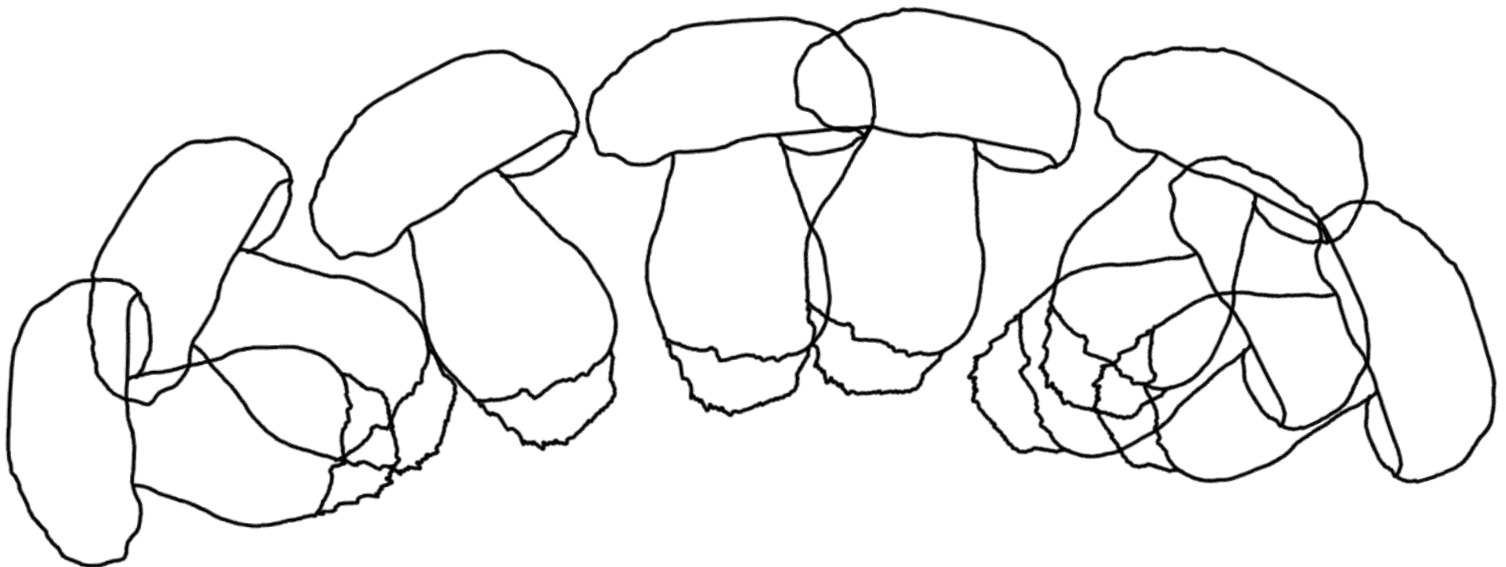
Is there more to life than mushrooms? Of course not. The world of fungi is broad and much of it undiscovered. Take some time to expand what you know and broaden your mushroom horizons. From exploring their medicinal properties to studying how mushrooms just might save our planet, the possibilities are endless.

What will you do during the next few months? Drop by our Facebook page and let us know what you want to learn more about, then keep us posted with updates!

[www.facebook.com/groups/PikesPeakMyco/](http://www.facebook.com/groups/PikesPeakMyco/) 



*A makeshift basket out of bark with Agaricus sp., young Boletus Rubiceps, Sarcodon imbricatus and others*





## Recipe: Gnocchi in a Creamy Porcini sauce

from lovelygreens.com

Thinking about what to do with all your porcini that you found this August? Keep this recipe in the back of your mind come winter months when your basket is empty, but your freezer or cupboard is full!

### For the Sauce

- 60 g Unsalted butter
- 4 Garlic cloves
- 1/2 tsp Sea Salt
- 1/2 cup dried Porcini Mushrooms
- 100 ml Boiling water
- 400 ml Single cream
- 300 g Button Mushrooms, sliced
- 4 tsp Grated Parmesan (or a Vegetarian option) 20g
- 2 Tbsp chopped chives
- 2 handfuls Baby spinach



**Instructions:**

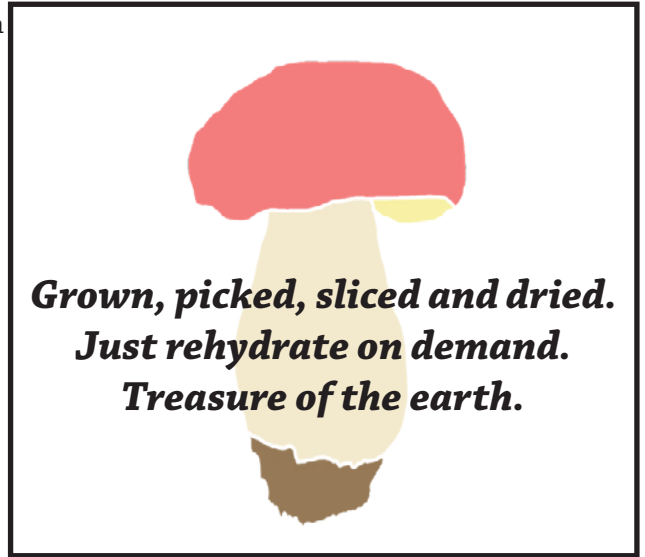
Reconstitute the dried porcini by adding them to the 100ml boiling water. They'll need about ten minutes to soften up.

Melt the butter in a pan and then add the garlic. I passed my cloves through a garlic press but you can also mince them finely. Cook until soft and fragrant then add the salt, cream and porcini mushrooms, water and all.

Add the sliced mushrooms and allow to cook on medium-low until the mushrooms are soft.

Bring a pan of water to a boil and add your gnocchi one at a time and allow to boil until the little dumplings are all floating at the surface of the water. It will take about ten or fifteen minutes and if you allow them to boil while you're making the sauce then both sauce and gnocchi should be ready at the same time.

Add the drained gnocchi to the sauce along with the Parmesan cheese. Stir well and then add the chives and baby spinach. Serve immediately and enjoy ~



PIKES PEAK  
MYCOLOGICAL  
SOCIETY



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