

Next Meeting April 9th, 2007

SPORES Afield

The newsletter of the Colorado Mycological Society

April 2007

President's Column



Spring is in the air and as the rain falls, I have hopes of a bountiful Morel season. There have been reports of Oyster mushrooms starting to produce at lower elevations, so the mushroom

season has officially started! Last month I mentioned a favorite mushroom recipe of mine called 'Postich'. Some club members have asked if I could share the recipe so I've decided to reveal my favorite secret family recipe here in the President's column. Postich seems to be the best if you use a mushroom with a firm texture such as Sand mushrooms, *Tricholoma populinum*, Oyster mushrooms *Pleurotus ostreatus*, or *Pleurotus populinus* on aspen), or Stump mushrooms *Lentinus ponderosa*.

Ingredients:

1. Mushrooms.
2. 2-1/2 Tablespoons of vinegar.
3. 1/2 teaspoon red pepper.
4. 1/2 teaspoon garlic powder.
5. 1/2 teaspoon Salt.
6. 2 Tablespoons onions, big slices.
7. 1 Can of black olives for 5 pints.
8. 2 Tablespoons of extra virgin olive oil.

First, cut the oyster mushrooms into bite size pieces, then boil them for 5 minutes.

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Speaker for the April Meeting:

Dr. Stephen Miller

"Russulas of the Rocky Mountains: clues from host association"

Mushrooms in the genus *Russula* are usually brightly colored and are well represented in the Rocky Mountain mushroom flora. Anyone who has collected mushrooms to eat in this area has undoubtedly encountered *Russula* spp. These mushrooms are symbiotically associated with forest trees, and more rarely with riparian and alpine shrubs. The habitat and specific plant hosts can be a big clue to the identification of these important mushrooms. Dr. Miller will talk about the symbiotic relationships and give specific examples of *Russula* spp. associated with particular trees and shrubs. Which *Russulas* are good to eat? Come to the talk and find out!

Also a special treat!

If you have never visited the Herbarium of Fungi at the Denver Botanic Gardens, you will have an opportunity at our April meeting. In the half hour before the main meeting, 7:00-7:30 p.m., Vera Evenson, Curator of the Herbarium, will hold an open house for CMS members.

Upcoming Events

- April 9th Visit to DBG Herbarium (7-7:30)
Dr. Stephen Miller
"Russulas". See page 1.
- May 14th William Windsor, "Morels and
other Spring Mushrooms". Also
Vera Evenson on Herbarium of
Fungi requirements.
- June 11th Rob Hallock, "The Taste of
Mushrooms: An Individual
Matter". Moderated Discussion:
Preserving and Cooking Wild
Mushrooms--How do "You" do it.
- July 9th Leon Shernoff, editor, Mushroom:
The Journal of Wild Mushrooming.
"Those Wacky Eastern Boletes".
- Aug. 11th Fair Setup.
- Aug. 12th Annual CMS Mushroom Fair at
Denver Botanic Gardens, The Fair
identifier this year is Dr. Micheal
Kuo.
- Aug. 13th Dr. Micheal Kuo, "Why Identify
Boletes".
- Aug. 16-19th Crested Butte Wild Mushroom
Festival. See article on page 4
- Sept. 10th Cook & Taste.
- Oct. 8th Marilyn Shaw, "Mushroom
Toxicology". Also Ed Swanberg,
"Sand Mushrooms, Extend the
Season".

Bring mushrooms for identification and display to any meeting.

All meetings are held the second Monday of each month from Mar. to Oct. at the Denver Botanic Gardens in Mitchell Hall at 7:30 pm unless otherwise announced.

This is your last issue of *SporesAfield* if you have not paid your membership dues for 2007.

If you have any questions as to the accuracy of the expiration date on the label or change of address, please contact:

Linda deLeon
14310 W. Fifth Ave.
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303-278-9582

(President's continued from page 1)

In the bottom of 5 pint jars add the following (1 - 8) cut the oyster mushrooms into bite size pieces, boil them for 5 minutes, then pack the jars to within 1" inch of the top, add boiling water to within 1" of the top. Then pressure cook with the lids and rings on (finger tight) for 35 minutes. You can drain them and fry them with steak all winter long, or go ahead and eat them with a sandwich from the jar (my personal favorite!).

You can also add any kind of vegetable you prefer. Suggestions: carrots, celery hearts, green olives or cucumbers but add these before serving because the extras vegetables take up to much room in the bottles and tend to get soggy if pressure cooked with the mushrooms. Enjoy!

SporesAfield

SporesAfield is published from March through October by the Colorado Mycological Society. CMS dues are \$28 for the first year and \$25 thereafter. Send membership dues to Linda deLeon, CMS Membership Chair, 14310 W. Fifth Ave. Golden, CO 80401-5226. All CMS members receive *SporesAfield* as part of their membership

CMS is an affiliated member of the North American Mycological Association.

CMS web site: www.cmsweb.org

CMS Loses A Dear Friend

It is with regret that we must report that Harry Obermeier, our treasurer for the last six years, on March 10 lost his battle with lung cancer.

Harry Obermeier was a true Godsend to the Colorado Mycological Society. He was a soft-spoken self-effacing gentleman, always pleasant and friendly, but still reserved. To CMS in 2001, however, he was a knight in shining armor. Due to unforeseen circumstances over a brief period of time, our financial records were in disarray. Harry took over the difficult job of trying to make sense of them, with never a complaint. From June of that year until the beginning of this year, he could be depended on to pay our bills on time and provide regular financial reports. No fanfare, just absolute competence.

But he was treasured, not only as our treasurer, but because of his pleasant personality. Tom Ruzicka recalled Harry's companionship on forays (mushroom outings). They often rode together and enjoyed each other's company. Tom recalled that Harry, at one time, had property in Winter Park, a favorite mushroom spot for Tom. He related that he and others would come back from joint hunts there with sack-fulls of King Boletes, but Harry would have only a couple. I think that was because of Harry's generous nature. He was leaving them for others to enjoy.

Harry is already greatly missed by all of us in CMS. We feel privileged to have known him.

Marilyn Shaw
Education Chair and Toxicology Chair of CMS

Next month we will feature an article by the family of Harry Obermeier and you will learn more about this adventuresome CMS member.

Vote reminder

by The Board of Directors

The Board of Directors have made some revisions to the CMS Bylaws. They have been updated to reflect the changes which were made both to direct CMS regarding its original purposes, and also to reflect its current state. As written in the bylaws a vote shall be taken with the members attending a CMS meeting, all members must have a "one meeting in advance" notice. **This is notice that at the April meeting a vote will be held to accept the revision of the bylaws.** The Board did vote to approve the revised bylaws.

If you would like to review the CMS Bylaws see the article in the March issue of SporesAfield or visit our web-site at www.cmsweb.org

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Crested Butte Wild Mushroom Festival

Putting the Fun Back in Fungi

by Bernie Seward

Mark your calendars for the Crested Butte Wild Mushroom Festival which will be held Thursday-Sunday, August 16-19, 2007. Each year the Festival takes place in the picturesque mountain community of Crested Butte, just thirty miles or so from Gunnison, Colorado. The entire community welcomes Festival participants and restaurants go out of their way to feature dishes with wild mushrooms.

As you recall, last year in the Colorado mountains we had a bountiful harvest of wild mushrooms. In the Crested Butte area we saw mushrooms rarely seen there such as the lovely and delicious *Polyozellus multiplex* (Blue Chanterelle). We're hopeful that this year will be just as productive since Crested Butte has had a good snowfall over the winter.

Much of the Festival program will look familiar to past participants but there are some additions.

- Dr. Michael Kuo, author of *Morels and 100 Edible Mushrooms* and owner of the Web site *MushroomExpert.com*, will present two seminars, one on morels and the other on boletes.
- This year the Festival will cater to children with a Foray for Kids. This will be a fun-filled "treasure hunt". The treasure, of course, being mushrooms.
- There will also be a foray on easy terrain for those who find the regular Festival forays a little too rigorous or who cannot handle the altitude.
- Jannette Runge's photography was so popular last year that a second foray focused on photographing mushrooms in the field is being offered.
- Each year in the past the Festival has ended up with quantities of good, edible mushrooms. This year Larry Evans will present some cooking demos using mushrooms from the Festival forays.

- A new restaurant in Crested Butte has been added to the restaurants offering wild mushroom cooking demonstrations with lunch to festival participants. Crave Cajun Cuisine will be cooking wild mushrooms with a Cajun touch. This should be very interesting and tasty.

- In response to feedback from Festival participants, more identifiers have been added to assist Larry Evans in the mushroom identification workshops so more individual attention can be provided this year. CMS members Rob Hallock and Ed Lubow will be on Larry's identification team and Dr. Kuo has offered to assist as well.

Larry Evans returns to the Crested Butte Wild Mushroom Festival once again as Chief Identifier. On opening night, Thursday, he will give a lecture on wild mushrooms of the Colorado Rockies. He will be the main foray leader and he will lead the identification workshops. Past participants have enjoyed his wry sense of humor and have appreciated his ability to convey his knowledge of our Colorado mushrooms.

Dr. David "Dave" Teitler returns again by popular demand with his workshops on medicinal mushrooms. Once again there will be a workshop on preserving wild mushrooms. There will also be the always-popular wild mushroom cooking demonstrations with lunch featuring some of the finest chefs in Crested Butte.

Our fun will continue Friday night with a mushroom appetizer and wine social followed by a jazz concert. Our featured performer this year is René Marie. She is nationally known as an amazing vocalist who recently performed at the Kennedy Center in Washington DC. Since recently relocating to Colorado, she has enjoyed playing at a number of Colorado venues. René Marie will be accompanied by bassist Ken Walker, pianist Jeff Jenkins, and drummer Paul Romaine. It should be a spectacular evening!

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APRIL'S MUSHROOM OF THE MONTH: Oyster Mushroom

by Mary-Ann Guthrie



MaryAnn Guthrie
Cordon Bleu certified, Paris
Fruits of the Foray

Oyster mushrooms are a creamy to pale gray color, with a fan shape and a very subtle, delicate flavor. This delectable used to only be found in the wild but is now being successfully cultivated.

Oyster mushrooms are generally found throughout the spring, summer and fall. While foraging for Oyster mushrooms look for smaller, younger oysters, as they grow older they may become bitter and tough. Fresh oysters weep a great amount of liquid so are best grilled, roasted or stir-fried. Cook fresh oyster mushrooms just until heated through to preserve their silken texture.

Oyster mushrooms look a little like Oysters; some people claim they taste a bit like them too. Full of vitamins and essential amino acids they have a subtle flavor and meaty texture.

Linguini with Oyster Mushrooms and Clams Sauce.

After creating several recipes with Oyster Mushrooms, this one was my absolute favorite as it enhances the delicious flavor and texture of the oyster mushrooms. Paired with grilled, wild-Atlantic salmon, asparagus and a smooth, flavorful Chardonnay, this is a tasty spring meal and simple to create too.

Serves two:

Ingredients:

- Bernatoli Linguini (refrigeration section of a grocery store.)
- Dried Oyster Mushrooms (one or two packages as desired)
- 6.5 ounce can of chopped oysters
- 2 Tbs. butter
- Salt, pepper and a pinch of fresh ground nutmeg

- 1 Tbs. of all purpose flour
- 1/2 cup of heavy (double cream)
- 1 cup of freshly grated parmesan cheese (a blender grates the cheese finely)
- 1/2 cup of diced red and yellow peppers for color and additional flavor.

Open the can of clams and drain the liquid into a bowl. Add the package of dried oyster mushrooms; mix with the clam liquid to hydrate.

In a large pot, bring 5 quarts of salted water to a rapid boil. Add the linguini and cook until al dente. Drain the linguini into a colander and set it aside.

Using the same large pot, melt the 2 Tbs. of butter, (or olive oil); sauté the hydrated oyster mushrooms. Add salt, pepper and a pinch of fresh ground nutmeg to taste. Next, add 1 Tbs. of all purpose flour to make a roux. Slowly add the heavy cream, clams and clam liquid while stirring. This part should only take several minutes; the pasta will still be hot in the colander.

Add the pasta to the pot and toss well with the sauce. Sprinkle half of the finely, grated parmesan cheese, add the diced peppers and toss again before transferring on to a plate to serve. Serve the remaining parmesan in a small bowl for guests to add as desired.



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(April's Mushroom continued from page 5)

Hummmmm, wouldn't a lemon meringue pie be just the desert for this meal!

Please contact me to share your favorite recipes. We can interview over the phone, e-mail, coffee, a glass of wine or dinner!

Please submit comments, favorite recipes or quick tips to: maguthrie@gmail.com

Member Profile

Name: Mary Ann Guthrie: "Mary-Ann"

Birth place: Flint, Michigan; born the eighth child of twelve: 7 boys, 5 girls.

Town of Residence: The Breakers, East Denver, near Mississippi and Leetsdale.

Years in Colorado: Three.

Years with CMS: One.

Years collecting: One.

What do you do with the club? It is my pleasure to be asked to write the newsletter, recipe column, what fun! Please e-mail any recipes or comments.... I also hope to coordinate and host the fall dinner.

Education: Graduate from the University of Minnesota, CLA with a degree in Speech, Communications, an emphasis in Physiology and health sciences. I earned my way through college working in the University Emergency Room and in Physiological Laboratories.

After graduating, I worked in the technology sector, for a French company, selling computer hardware and software, peripherals, internationally for over ten years. I traveled extensively and became fluent in French.

In 1995, I divorced and moved to France on my own. Working in Paris for five years, I studied and became certified at Le Cordon Bleu. Cooking has always been a passion for me. I had always wanted a big family with many children.... friends, family, a home. In Minnesota, I used to make

formal, holiday dinners for 30-40 people at a time.

What do you do for a living? Upon returning to the United States in 2000, I accidentally segued in to the fitness industry. Health, wellness and fitness are also a life long passion of mine. I was creating marketing for a start-up company, when I decided to work part time at a fitness club to gain a free membership. I quickly became their number one sales person in the country (ten states). I was promoted and transferred to Denver, the company's headquarters.

In August 2005, 24Hour Fitness recruited me to establish their new brand: 'The Express Clubs' in Denver. Only three months later, November 2005, I was diagnosed with Breast Cancer. A new job, a new state, a horrifying diagnosis. Alone; I was in utter shock and fear. I had absolutely no awareness of cancer; I was the healthy one in my family and never thought it would happen to me.

Continuing to work my new job through the first five months of chemotherapy, I lost my hair, and broke my foot just before having to attend a national conference in California. Most people from the company had never met me. I showed up bald and had a cast on my foot, by the end of the weekend; I was, tight-rope walking 20 feet up in the air and bungee jumping off of telephone poles.... They named me the "Ever-Ready Bunny".

These past eight months, I have been on medical leave which has afforded me the time to volunteer and explore organizations that interest me.

What am I most thankful for? Without a doubt, I felt immediate thanks for the thousands of men and women who have been through cancer treatment before me. They have made treatment so much better today than it was even a few years ago. Breast cancer is now curable! I intend to be fully cured and to lead a healthy and meaningful future. I love learning new things and Wow, this was a big one!

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Hobbies: traveling and learning.

Most recently, a new hobby became fierce struggling with the bureaucracy of insurance companies. It is like a crash-course in survival while feeling really ill. It certainly has added stress to my situation and has made me feel worse.

On weekends, I like to ski both Saturday and Sundays / winter or fly fish, camp and hike/ spring, summer, fall. I skied last winter while doing chemotherapy; it was tough! Fly fishing was my introduction to mushroom hunting. Those little fungi fascinated me; possibly because they are free food, but one must learn about them to earn their savory delights.

Also, I hope to get to Cairo, Egypt soon to visit my brother and his family. They have been teaching there for five years and will transfer to Bangkok, Thailand this fall. I have to find a way to get there quickly. Disability barely pays the bills; I might have to sell some of my French wine collection.

I would also like to get back to sailing; I want to learn to fiddle and play harmonica. I also need to learn to make web pages.

Dating would be nice now that my hair is coming back and treatment is almost over. I am working out more regularly again. Oh! I bicycle and roller blade too.

I expect to be finding mushrooms this year and cooking more. Look for stories in the new recipe column and please e-mail to me any recipes and food stories you'd like to share!

New Committee- You are invited!

Resource Development Committee

This is what we are about: To actively support CMS's mission and introduce a development program that will serve to increase member and/or foundation/corporate contributions and/or gifts. We need your creative ideas and support. If interested, please contact Christy at 303 388-5541 or Christy@strategicdirections.us

Photo submissions are open for the mushroom calendar!

Photo submissions are now open for the club's 2008 mushroom calendar. This calendar will not be successful without your pictures! I am asking that everyone in the club looks through all their mushroom photos and then picks out the best 3 or 4 of them and e-mails them to me. The Development Committee will choose the 12 best photos for publication in the calendar. Please e-mail me your photos at rob.hallock@UCHSC.edu. Also include your name, as you would want it printed on the photo.

Photo specifications: **WARNING:** this information contains a lot of technical mumbo-jumbo, and you don't really need to understand any of it; if you send me good mushroom photos, I will be able to tell if they meet all of these requirements. That said, photos should be taken at mid or high resolution settings on any relatively new digital camera. Generally, this corresponds to at least 1,600 X 2,000 pixels, which is the minimum that will look good when a photo is blown up and printed. No pictures should be compressed (that is, do not decrease the file size of the original image). If you scan pictures from prints or slides, they should be scanned at 300 dpi (dots per inch) or greater. If you don't have a scanner, please bring the prints to one of the regular meetings and give me the picture. I'll take care of scanning them and give you back the photos at the next meeting.

Photo submission will only be open for 2 months! Please look through your photos and get them to me in a timely manner.

(Crested Butte continued from page 4)

Putting the fun back in fungi! That's what the Crested Butte Wild Mushroom Festival is all about. Crested Butte is only a few hours drive from Denver, but a world away in the mushroom season.

To learn more about the Crested Butte Wild Mushroom Festival visit the Festival Web site at www.cbmushfest.com.

Fancy fungus fetches \$160,406

From Rocky Mountain News, 11-15-06, by-line Associated Press.

HONG KONG --- A Hong Kong property tycoon and his wife reportedly paid \$160,406 for a huge Italian white truffle, which may be the world's most expensive ever.

Gordon Wu and his wife outbid connoisseurs from France and Italy to win the 3.3-pound Alba white truffle, according to Ritz-Carlton, which hosted the Hong Kong part of the international auction.

It was the second time Hong Kong bidders won a pricey fungus at the annual auction. Last year, bidders in Hong Kong paid \$121,732 for a 2.7 pound truffle, later named by Guinness World Records as the most valuable truffle bought at an auction, a Ritz-Carlton spokeswoman said.

White truffles, which have a strong, garlic-like scent, grow underground with tree roots. They're

eaten uncooked or shaved into pasta, salad, omelets and other dishes.

Hotel chef Umberto Bombana will prepare the giant truffle for a banquet hosted by Wu on Thursday.

Proceeds from the auction will go to a Hong Kong charity.

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The Colorado Mycological Society depends on the generosity of donors to help build programs to support the promotion of educational activities related to fungi. We need your help-----your tax-deductible donation supports our essential programs, bringing the best minds, hands and hearts for Colorado Mycology.

Join the Fungi Club! Make your donation to:
Colorado Mycological Society
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