

Next Meeting May 8th, 2006

SPORES Afield

The newsletter of the Colorado Mycological Society

May 2006

Presidents Column



Man oh man do we need a good soaking rain down here on the plains! It's just about yellow morel time (*Morchella esculenta*) and it's bone dry. Wil-

liam Windsor wrote an article with his updates on morels, you can read that starting on page 3. A fun web site recommended by Ellen Jacobson is www.morelmania.com, here you can check out recent sighting of morels, as of this writing (4/23) there were no sightings in Colorado but hopefully there will be soon. We have a link to this web site on the CMS web site, www.cmsweb.org. We need rain!

Our webmaster Bernie Seward is working on the format for the *E-SporesAfield*, he should have something soon and then we will make an announcement in this column as to how to sign up. I have had a lot of good feedback from folks that are interested in getting spores in this format.

When I joined CMS eleven years ago; as to be expected it took me some time to get to know people. In an effort to shorten that learning curve Ellen Jacobson had a great idea. Starting with the next meeting and at all subsequent meetings this year we will have a "New Members" corner set up prior to the meeting staffed by a couple of long-time member of CMS. Their purpose---tell new people about the club, answer questions, etc.

(continued on page 5)

Speaker for the May meeting:

"Mushrooms in Oriental Medicine"

Jeffrey Dann Ph. D. L.Ac. is a practicing doctor of Oriental Medicine and acupuncture in Boulder. He has a Ph.D. in Anthropology from the University of Washington and specialized in medical anthropology of traditional medicine in Japan where he lived and studied. He is the president of the Traditional Japanese Acupuncture foundation (Hawaii) which has for the past 18 years brought master teachers from Japan to teach and upgrade the skills of acupuncturists in the US. He has studied systems of acupuncture and Oriental Medicine in China, Hong Kong, Taiwan, Korea, Vietnam, and Sri Lanka. For the past 5 years he has been invited to Turkey by the Istanbul Medical Acupuncture Association to teach Japanese style acupuncture. He is an occasional teacher at the Southwest Acupuncture college in Boulder with the status of full professor. Since moving to Colorado from Hawaii 12 years ago Jeffrey has had a deep interest and enjoyment in mushroom culture in the Rocky Mountains.

"Mushrooms in Oriental Medicine - what your local licensed acupuncturist may and may not know about mushrooms in his pharmacy."

Jeffrey's talk and slide show will deal with mushrooms in traditional Oriental Medicine. In the first part he will talk about what the average licensed acupuncturist in the United States is taught and expected to know about medicinal mushrooms. He will then talk about the explosion of medicinal mushrooms in the health food industry and nutraceutical industry and research concerning cancer and immune enhancement.

Upcoming Events

- May 8th** CMS member Jeffrey Dann, Ph. D. L.Ac will speak on the use of mushrooms in Chinese medicine.
Note: this meeting will be held in Gates Hall.
- June 12th** Linnea Gillman, Topic to be announced.
- July 10th** CMS member Ellen Jacobson.
"Where to go, when to go and how to go 'shrooming"
- Aug. 12th** Fair Setup
- Aug. 13th** Annual CMS Mushroom Fair at Denver Botanic Gardens, The Fair identifier this year is Dr. Roy Halling of the New York Botanical Gardens.
- Aug. 14th** Topic to be announced.
- Aug. 17-20th** Crested Butte Wild Mushroom Festival, for more info: call Rodger Kahn at 303-322-5532 or 970-349-0238 or www.cbmushfest.com
- Aug. 17-20th** 2006 North American Mycological Association (NAMA) foray will be held at the Hinton Training Center, Hinton, Alberta, Canada,. For more info now call Marilyn Shaw, 303-377-1278, or go to www.namyco.org.
- Aug. 26-27th** The 10th annual King Boletus Festival. The phone number for the event is 719-395-8458. The event is sponsored by Buena Vista Heritage.
- Sept. 11th** Cook & Taste, Chairperson William Windsor, contact him at wnwindsor@comcast.net. or 303-544-6069
Note: this meeting will be held in Gates Hall.

Oct. 9th Gary Lincoff on psychoactive mushrooms

Bring mushrooms for identification and display to any meeting.

All meetings are held at the Denver Botanic Gardens in Mitchell Hall at 7:30 PM unless otherwise announced.

CMS Web Site Has New Look

If you haven't visited the CMS Web site (www.cmsweb.org) recently, you are in for a surprise. Over the winter webmaster Bernie Seward totally rebuilt the site and gave it a new look. Back issues of the CMS newsletter *Spores Afield* have been archived and are easily accessible. New recipes and new articles have been added as well. Members comments and suggestion are always welcome. Just go to the Web site and click on the "Webmaster" link to e-mail Bernie.

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

Upcoming Forays

Please note all forays meet at 9:00 am in the northeast parking lot (also known as the T-Rex lot) of the Morrison exit at I-70 unless otherwise announced. If you carpool from that point which is strongly encouraged, due to limited parking at most foray locations, please chip in gas money. You must be a member of CMS to take part in the forays.

May 20th, Norm Birchler and William Windsor will lead a foray, contact either of them to let them know you will attend. Contact info on page 4.

Be sure to bring your CMS membership card or your current copy of *SporesAfield* with you. If you are not a member you can become one at the foray for the standard new member fee of \$28, which will also get you copies of *SporesAfield* for the rest of the year.

Forays may be cancelled in the event of dry weather. Call first if in doubt.

We have a need for people to lead forays. You do not need to be an expert identifier to lead a foray. You only need to be willing to lead a group of people to a location where mushrooms can be found. If you would be willing to lead a foray, please contact Tom Ruzicka 303-447-2740 or via e-mail at: tomruzicka@comcast.net.

Enough Already! Another Beautiful Day.

By William Windsor

The weather outside was 'perfect', it was another beautiful Colorado spring day. I looked at the deep blue cloudless skies and then went inside to do a quick internet check of the US Weather Service site for Boulder. It would be another clear day with no chance for rain showing until late Sunday. Oh well, I sighed to myself, I guess I'll do some rock-hounding this weekend, or maybe ride my motorcycle. I definitely would not be doing any mushroom hunting.

Finding mushroom, especially those that are scarce and have a short fruiting season is all about being in the right place at the right time. Mushrooms do not live by a calendar, instead they respond to weather patterns that include moisture and temperatures. Luckily for us, careful observation of the soil, trees and other plants provide us with clues as to when and where to hunt for specific mushrooms.

As I am writing this article, Yellow Morels are just waiting to gather their mycelium to form fruiting bodies. They have been dormant throughout the winter and late winter rains should have stimulated some mycelium growth. Then in mid-March the rain stopped and the sun warmed the ground, driving out stored moisture. I have been watching my morel 'patches' closely and prime environmental indicators are a little off. Still, by the time you are reading this article, there is a good change that morels will be fruiting. All we need is some moisture.

In most years, I start looking for morels when cottonwood leaves are about the size of a quarter and narrow-leaf cottonwood leaves about the length of a dime. I have noticed that this year, ground cover is running a little late. Cottonwood leaves in Boulder are already just about at the correct size, but other timing indicators such as the size of mint, poison ivy and Oregon Grape are just now starting to leaf out.

In addition, Wild Asparagus is just now starting to send up shoots. All of the plants named so far are indicator species of not only when morels will fruit, but they also grow where morels grow.

What all this means is that I am not sure as to when Morels will start showing up this year. As I said, tree leaves are about 'right' now. The other plants however, would indicate that the season is still about two weeks off. The funny thing about morels is that they decide to fruit on their own good time and no single indicator is reliable. I am going to venture a guess that if we get some rain, morels will start showing up around April 28th. *(continued on page 4)*

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This year our Foray Chair is Tom Ruzicka. Please contact Tom if you would like to lead a foray.

TRADITIONAL REMEDY GOES UNDERGROUND

Phuket Gazette via Denny Bowman From PSMS May 2005 Newsletter Reprinted from the newsletter of the Snohomish County Mycological Society

AMNAT CHAROEN -A woman in this northeastern province of Thailand was the latest to take a controversial folk remedy to cure herself of the effects of some poisonous mushrooms she gathered and ate. She was recently pictured on the front page of a Thai-language newspaper buried up to her neck, mouth agape, as she underwent the treatment. Before she was buried, villagers stripped copper filaments from electrical cables and ground them up in a mortar. The metal was then mixed with a variety of herbs and given to the woman, who ate the concoction. She was then buried, which the villagers believe allows the surrounding soil to absorb the toxins released through the skin once they are liberated by the copper. After an unspecified period of time the patient was then dug up and, with a nod to modern medical science, rushed to a hospital. Local public health officials in the province have tried without success to dissuade residents from using this potentially dangerous treatment, but old habits die hard and local people still believe it is a miracle cure for mushroom poisoning. Meanwhile, the officials can do little except warn against using the treatment and advise people to exercise caution when eating wild mushrooms.

(Beautiful Day continued from page 3)

If it stays dry, then I would expect them to start fruiting into the first or even the second week of May

While the weather has been perfect for browning my bald head, I anxiously await some rainfall and the first morels of the season. Do you want to be notified when morels first start fruiting? Send me an e-mail at wnwindsor@comcast.net and I will send you an e-mail when I start finding morels, together with a description of what other plants (indicators) are doing. Likewise, if you are finding morels drop me an e-mail about the environment you are finding them in. Good Forays to you all!

Athlete's foot: A mycophile's dilemma

By Jason Salzman

I've got a wicked case of athlete's foot. It's migrated around my right foot, starting at my pinkie toe and then running around the outside to my heel and now all the way back around to my other toes, as if doing a lap around my foot.

I've mentioned this to a few people and they say. For God's sake, just get some athlete's foot medicine?

"Medicine," I reply. "It's not medicine at all. It's fungicide, and I hate fungicide."

I've spent a good part of my life trying to get our mycophobic (mushroom-hating) culture to embrace mushrooms and fungus of all types.

You know, all of us at the Colorado Mycological Society are trying to create a mycophillic (mushroom-loving) America, where citizens love mushrooms and don't kick the poor things as they poke up in the lawn.

And one of the industries we hate most: The fungicide-making industry.

I get so pissed off it hurts when I see people spraying fungicide on their lawns. I think of all the poor mushrooms who will die for no reason.

So here I am, with fungus on my feet, and I see the bright side.

Let me tell you, it feels soooo good to scratch my itching toes once a day. If you've never had athlete's foot, you must get it so you can experience the itch. It's a peak experience.

There's the wee downside that you have to scratch so much that your feet burn and bleed, so much that I found myself yesterday at Woolworth's in front of the counter with athlete's foot fungicide.

The fungicide was appealing. I imagined myself spreading the cream on my toes and the soothing feeling that might rise up my leg.

But then I thought about the fungus dying on my toes--and I thought about the ugly mycophobic country that surrounds us--a nation that would probably build a wall to keep out all mushrooms if it could do so.

And I gathered up all the anti-fungal medicines, loaded them in my shopping basket, and dumped them in a far corner of the store.

So, next time you see me at a meeting, I'll be happy to give you some fungus from my feet. I'll show you right where it is. I won't keep its location secret.

You can slip off your socks and I'll rub my toes on yours, and together we can take a stand against mycophobia.

(Presidents continued from page 1)

If you are not a new member but really have not gotten to know everyone please stop by and introduce yourself.

One thing that has been suggested is the need to have more forays throughout the year, this is one of the best opportunities for members to get to know one another. I think we only had 3 or 4 last year and that's not enough. We need some people to step up and become a foray leader, it really does not take much effort to organize a foray just a willingness to get involved. William Windsor and I will start the season off May 20th (see upcoming forays on page 3). If you are willing to lead a foray please contact Foray chairperson Tom Ruzicka at 303-447-2740 or at tomruzicka@comcast.net to schedule a foray.

I just recently returned from an amazing vacation in Japan. I will try and share some mushroom stories and pictures with you all in the future.

The May meeting should be a very interesting lecture, Jeffrey is a good friend of mine, we have had some great forays together purposely ending with a good meal at one of Boulders local ethnic restaurants.

Happy Hunting!

Mushroom Information and Recipes from the Today Show

Dec. 21, 2005

Reprinted from The Kansas Mycolog Feb-March 2005

The fresh white mushroom is one of the most underrated and under appreciated items in the produce aisle, according to David Burke, executive chef and co-owner of David Burke & Donatella in New York. Burke visited “Today” to share recipes using fresh, affordable, versatile, ordinary white mushrooms.

Why white mushrooms?

They have great flavor and go with just about everything. They have a meaty taste and texture so they’re perfect for meatless dishes. They’re easy to prepare — just rinse and wipe, or you can buy them pre-washed — and they’re available year-round.

How about nutritional value?

Besides being low in calories and carbohydrates, mushrooms are virtually free of fat and sodium and have no cholesterol, and are far more nutritious than people think. As well as supplying fiber, mushrooms contain three essential B-vitamins: riboflavin, niacin and pantothenic acid. They contain more selenium than any other produce item. Studies have shown selenium to be associated with a lower risk of prostate cancer. They are also a source of potassium, a mineral that is vital to maintaining normal heart rhythm and muscle and nerve function. Not bad for a fungus.

Historically, who first started using them?

The French have a long-running love fest with white mushrooms and are credited with figuring out how to tame them nearly two centuries ago, around the time Napoleon’s chef got to work in the kitchen. By the end of the 1800s, commercial cultivation was underway in the limestone quarries surrounding Paris and, as a result, French-trained chefs down to our own day are apt to refer to fresh, white mushrooms as “champignons de Paris.” Now, Pennsylvania is the leading producer,

accounting for more than half of the mushrooms sold here.

Any tips for preparing them?

Because of the high water content, some chefs and home cooks prefer to saute, grill or roast mushrooms first to remove some of their water and concentrate the flavor — even if they’re headed for the soup or stew pot.

How do you clean mushrooms?

Mushrooms can be cleaned by wiping them with a damp paper towel or quickly rinsing and wiping dry to remove the bits of growing medium (no, it’s not what you think — those little brown specks are sterilized peat moss!). Now you can even get them already cleaned and sliced, which can be a real time-saver. And you can use the stems, which makes them even more economical.

How do you store them and how long do they last?

Always store mushrooms in their original packs unopened, or in a paper bag. Never store them in a plastic bag — condensation can collect and the mushrooms will get slimy. When buying fresh white mushrooms, select the ones that are intact and firm. Avoid those that are wrinkled, slimy, ragged or spotted. They will stay fresh for up to 7 days in the refrigerator and can also be frozen, if necessary. To freeze, place raw mushrooms on a tray in the freezer. When frozen, store in a container in the freezer.

Mushroom and Goat Cheese Sliders with Eggs

David Burke

INGREDIENTS

Sliders

- Duxelle (see below)
- Bacon
- Eggs
- 1 tablespoon goat cheese per slider

Duxelle

- 1 shallot
- 1 tablespoon butter
- 2 cups white mushrooms
- Lemon zest

(continued on page 7)

(Today Show continued from page 6)

DIRECTIONS

Duxelle

Sauté 1 shallot in butter. Add 2 cups finely diced-white mushrooms, and saute until all water is evaporated and mushrooms are thick. Add butter and lemon zest.

Sliders

Cut muffins in half. Hollow bread out of bottom portion of muffin. Fill this half of muffin with mushrooms (duxelle). Top with cooked bacon and goat cheese. Cook in oven for 15 minutes at 350 degrees. Take them out and top with fried eggs.

Mushroom Pancakes with Mushroom Chips

David Burke

INGREDIENTS

Mushroom Pancakes

- Store-bought pancake mix
- Duxelle (see recipe above)
- Bacon
- Mushroom chips (see below)
- Truffle cream

Mushroom Chips

- 1 pound large white mushrooms
- 2 cups clarified butter or vegetable oil
- Kosher salt

DIRECTIONS

Mushroom Pancakes

Follow directions for pancakes and add in mushroom mixture (duxelle). Top with truffle cream, bacon and mushroom chips.

Mushroom Chips

Hold mushrooms by stems and, using a sharp slicing knife or a mandolin, slice each mushroom cap crosswise or horizontally into thin, almost translucent, slices. Reserve stems for another dish. Heat butter or vegetable oil in a small saucepan (do not allow butter or oil to smoke; a perfect mushroom chip is crisp and tender, but not burned.) Add mushroom slices to hot butter or oil and cook over medium heat, stirring occasionally, until golden brown, about 6 minutes. Using a slotted spoon, remove mushroom slices from saucepan and drain on paper towels. Season.

Bananas under attack

Bananas are currently the most popular fruit eaten in America.

Unfortunately, they may be headed for extinction. The Cavendish is the variety of banana that we currently eat. A fungus dangerous to the Cavendish was discovered in Asia 13 years ago, and has since been wiping out plantations in Indonesia, Malaysia, Australia and Taiwan and is spreading throughout Southeast Asia. Experts say it is inevitable that the Cavendish will be wiped out worldwide. In an effort to save the banana, two strategies are being employed. On the one hand, scientists are trying to genetically alter the Cavendish to make it better able to resist the fungus, and on the other hand growers are trying to develop another variety of banana similar to the Cavendish. This second approach has worked before, since up until the 1960's, Americans ate Gros Michael bananas which were killed off by a different fungus, and subsequently replaced by the Cavendish. (New York Times, August 13, 2005) From the Wisconsin Mycological Society Newsletter (Sept 2005)

Authors, Artists, and Poets

The editor of *SporesAfield* needs your help. Please consider submitting a mushroom related article, line drawing, digital photographs, a poem, editorial, comic, report on mushroom sightings, news items, announcements of upcoming events, or any other contributions to your newsletter. This is your chance to share with your fellow members.

Send items by the 15th of each month to:

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May 2006

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