

Next Meeting May 12th, 2008

SPORES Afield

The newsletter of the Colorado Mycological Society

May 2008



President's Column

Mycoblitz update: CMS is proud to announce that Dr. Michael Kuo has agreed to serve as chief identifier for the Rocky Mountain National Park mycoblitz. Michael was chief identifier at the annual mushroom fair last year. He worked admirably with our club identification team and did an outstanding job. We are very pleased that he will be with us again this summer.

In an effort to keep track of mycoblitz participants, everyone will be required to complete an online registration form. There is no fee for participating in the mycoblitz, but for planning and recruitment purposes we would like to know how many collectors to anticipate. Please go to <http://www.cmsweb.org/> and click on mycoblitz for full mycoblitz information.

Forays: I'm devoting this column to forays because these events are the backbone of the club. Forays provide our members with field experience and good field experience forms the foundation of real knowledge of the fungal world. In short, I want to make sure everyone understands the duties of foray leaders, participants and general etiquette for forays.

This year, Christy Honigman (christy@stonehillmail.com) and Tom Ruzicka (tomruzicka@comcast.net) are co-foray chairs. Please contact them if you are willing to lead a foray this year. Foray leaders are responsible for the organization of a foray. Their primary responsibility is to lead people to a potentially fruitful location. *Foray leaders do not have to be experts in mushrooms:* inexperienced leaders will be paired with a knowledgeable club member who will be in charge of identification. Leaders can arrange for an identifier themselves or the foray chairs will gladly find a match for that particular foray.

Forays must be announced in the newsletter at least a week before the newsletter goes out. The deadline for the newsletter is the 15th of every month – so forays have to be planned and announced a full month in advance! Forays are also announced on the CMS Web site (http://www.cmsweb.org/schedule_forays.htm). It is inherently difficult to plan a hunt for a particular mushroom a full month before that mushroom has come up, therefore a foray is no guarantee we'll find mushrooms. In 2007, CMS planned a record 9 forays, two of which were canceled due to lack of rainfall. While unfortunate, this is unavoidable and I imagine inevitably one or two forays will also be canceled this year.

The final determination of the status of a foray should be made no later than the Thursday before the foray. If a foray must be canceled, it will immediately be posted on the foray page of the Web site in bold red text (http://www.cmsweb.org/schedule_forays.htm). If you do not have access to the web it is your responsibility to phone the foray leader and confirm the status of the foray.

**FORAYS PROVIDE OUR MEMBERS WITH
FIELD EXPERIENCE AND GOOD FIELD
EXPERIENCE FORMS THE FOUNDATION OF
REAL KNOWLEDGE OF THE FUNGAL WORLD.**

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We typically meet at 9 AM on a Saturday or Sunday morning at the Stegosaurus lot off the Morrison exit of I-70 but the final meeting time and place is up to the individual foray leader. Please note that this is a change from previous years when we met at the T-Rex lot. We found the T-Rex lot quite crowded so we moved the meeting location to the less congested Stegosaurus lot. Foray leaders generally arrive 30 minutes early and ensure that everyone signs the release form (which they may print out from our Web site -- http://www.cmsweb.org/documents/cms_release_form.pdf). Leaders are responsible for making sure everyone is a CMS member, accepting new membership applications, and giving a brief introduction to the foray area and the mushrooms they expect to find there. Please bring your CMS membership card or a copy of the newsletter as proof you are a member. Finally, leaders give drivers printed directions to the foray location.

Once everyone has arrived at the foray location the leaders give a short introduction which includes a basic lay of the land (so people don't get lost) as well as a designated time and place to meet at the end of the foray. We typically allow participants a full 2 hours of hunting. After hunting, people congregate at the meeting place, have lunch, socialize, go through each other's finds, and lay out the mushroom finds in a common area. At this time, the identifier(s) assigned to the foray will go through the findings and talk about the mushrooms they know. Participants are encouraged to go through their field guides and keys and work on identifying unknown mushrooms.

When I first started mushrooming, I had a goal of learning one new mushroom on each foray. I took field notes about the habitat, drew some pictures, and briefly described the salient characteristics of the mushroom. When I got home, I'd go through my

notes and read about that species in my books. I would find other pictures of it, learn its habitat, and read about the mushrooms that look like it. I still do this on every foray, and suggest that new mushroomers do this as a way to learn new mushrooms. Reading about mushrooms and looking at pictures is great, but there is no substitute for studying a mushroom that is physically in your hand and talking to people in the field who have experience with that particular mushroom.

Responsibilities of participants:

CMS encourages carpooling for two reasons. First, many of the locations we travel to have a limited vehicle capacity. Second, gas is expensive. We highly encourage all participants to carpool from the meeting spot as well as give the driver some cash for gas. It is important to keep in close contact with the people in your car throughout the foray: if you are late the rest of your car will be severely inconvenienced. If you go home with someone else, please make sure that you let your driver know. On every foray, there are always a few people who have to leave a little early and there are always a few people who want to stay a little later and hunt some more. It is your responsibility to carpool in the right vehicle.

A list of suggested equipment participants should bring on forays is on our Web site (<http://www.cmsweb.org/forays.htm>). Most notably, they include food and drink, a basket or mesh sack, wax or paper bags, a knife, a brush, a magnifying glass, a whistle, compass, and mushroom key. Please be prepared for appropriate weather – conditions on forays range from trudging through snow and mud on the annual snowbank mushroom hunt to mid-afternoon thunderstorms on our August or September hunts. Please be prepared for the worst.

Let the leader know if you need to leave early. If you are a driver, do not leave the foray site before making sure that all of your passengers are accounted for.

Collecting Mushrooms:

Collect mushrooms properly. Try to collect a few good specimens of each species for identification. Take some field notes and make sure to get the entire specimen. If you don't provide habitat and growing conditions, it is likely that we can only give a best guess as to its identification. Place each species in a separate paper bag, do not simply place every mushroom in your basket - you wouldn't want to mix up a deadly *Galerina* with a delectable *Flammulina*! If you have to dig up mushrooms, cover up any trace you were there. If you see where others have dug for mushrooms, take a moment to cover the group – the mycelium will reward your effort next year. If you pick a mushroom and decide not to bring it back, place it gill side down in an inconspicuous location – don't just toss it over your shoulders or set it near the trail. Never pick every specimen you find; always leave a few specimens for others to find, and always leave the smallest ones behind so they will mature. At the end of the foray, do not dump your species at the end of the parking lot – make sure to dispose of them correctly in the woods. Lastly, never eat a mushroom unless you have verified the identification and safety of the species with a club expert. Contrary to popular belief, the primary function of a foray is an educational experience, not for people to bring home a few pounds of choice edible mushrooms. I encourage experienced bunters to let a newbie tag along with them for awhile. I encourage everyone to take a few moments before they pick a mushroom and look at surrounding trees, look at its growth pattern, and call a few people over to appreciate it as well. People can find mushrooms much easier when they can a match a sample based on a target 'template'. Looking at a mushroom in its natural habitat from several different angles allows people form the template, so they can effectively scan the environment looking for a match – and their own little mushroom spot. Lastly, I encourage people to share a few

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mushrooms with a friend who wasn't as lucky as they were, or give their driver a couple of extra boletes.

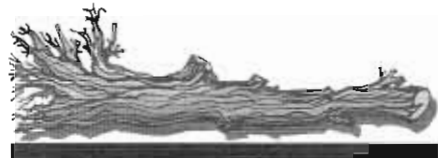
I hope this article encourages you to volunteer to lead a foray and ensures you have the tools for the simple preparation of a successful foray as well as inform individuals about what they can do to make the foray enjoyable for both themselves and others. See you on the forays! ☺



Morels - A Haiku

By Sean Miera

A Morel foray
in early June or late May
Is a fun foray!



From the Archives - October 1991

Pushing Up Mushrooms

An unidentified mushroom hunter found more than just fungi on the west side of Monarch Pass last month. Mushroomer found the body of a 20-year old snowboard instructor from the Monarch Ski Area. The snowboarder had been missing since April 1.

Authorities speculated that the instructor had struck some trees while snowboarding, took the snowboard off and began to walk along a creek bottom toward Highway 50.

An extensive search was launched at the time of his disappearance, and another search was conducted in June, after snow had melted. No sign of the man was found until the mushroom hunter stumbled upon the remains.

Spores Afield

SIMA presents the Orson K. Miller, NAMA 2008 Foray

Every year, the North American Mycological Association (NAMA), along with local mushroom clubs, host an amazing fun packed and educational 4-day mushroom camp. This year's foray is dedicated to Orson K. Miller, and it will be September 4-7 in McCall, Idaho - where Orson and Hope retired. This foray is hosted in partnership with the Southern Idaho Mycological Association (SIMA), and the following information is reprinted, with permission, from their website. Information on foray registration can be found at NAMA's page at <http://www.namyco.org/>.

McCall is an increasingly rare and precious natural wonder with large, intact coniferous forests and abundant wildlife. SIMA has worked with local landowners and public agencies to provide participants with a wide variety of foray experiences including riparian areas, coniferous forests, and pastureland. Some of these places have never been open to forays prior to this conference. The McCall area has elevation changes from 3500 feet to 7000 feet within foray distance, thus providing a wide variety of fungal opportunities. SIMA has cataloged hundreds of species during fall forays.

Orson and Hope Miller chose to retire in McCall, and Orson first identified the beautiful blue-green fungus *Hygrophorus caeruleus*. Hope Miller plans to join us as well as Dr. Cathy Cripps from Montana State University, who will serve as our chief mycologist.

The Headquarters

Camp Pinewood will be the Headquarters for the Foray. It is located on the shores of Payette River and offers a variety of sleeping

accommodations from cabins to lodges. Most rooms have 5-6 bunks in them, and we encourage multiple roommates! There is an on-site full-hookup RV site, a dining lodge and an outdoor meeting area. Nearby is Ponderosa State Park, where a brand new Welcome Center will be available. At the park, RV and other camping sites will be available for those who chose to drive. A variety of hotels are available in the city of McCall for those who want a bit more luxury! Public transportation will bring you within easy walking



distance of the camp.

How to Get to McCall

If you are flying to conference, the closest airport is Boise, about 100 miles south. Boise is serviced by several major airlines. Car rentals are available at the airport. A scenic two hour drive up Highway 55 or 95 will bring you directly to McCall. There is also a small airport in McCall that offers charter service.

Registration Information

See the NAMA website in the spring of 2008 for the registration forms and fees, and schedule. ☺

Mushroom Haiku

By Sean Miera

Mushroom hunting is
very, very fun to do
I like mushroom hunts

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CAUTION!



POISON

**Some mushrooms are
safe - - - some aren't**

Submitted by Marilyn Shaw, CMS
Toxicology Chair.

Since the beginning of the year an unusual number of illnesses and deaths from eating wild mushrooms have occurred. On January 2, 2008 The Daily Times in The Republic of Malawi reported on the case of three brothers, ages 4, 13, and 16, who died after eating a dish to which they had added wild mushrooms. It was unknown whether the mushrooms were the cause of death, but they were suspected. Also on January 2, news.gov.hk in Hong Kong warned the public not to eat wild mushrooms after a "Mainland couple" had gotten sick after eating wild mushrooms on December 27 while in South Africa. They started having symptoms on the flight back to Hong Kong. The 43 year old woman was hospitalized, but died of multiple organ failure. Her 44 year old husband who had experienced the same symptoms was said to be stable condition. While the mushrooms were not identified in either of these cases, in the latter

case, the symptoms and onset times were indicative of amatoxin-containing Amanita species.

On Saturday, January 5, ACT Health in the Australian Capital Territory reported two people had recently been hospitalized after eating "death caps" (*Amanita phalloides*). Fruiting of these mushrooms was attributed to an unusually warm and wet November and December in this small interior territory in the extreme southeast of the country. Since nothing further on this case could be found, it is assumed that both victims have recovered.

The situation was much worse in Assam, India, a small, elongated state bordered by West Bengal, Bhutan, and Bangladesh, in an area sometimes referred to as "the chicken neck of India". Beginning in early April according to several news services including The Calcutta Telegraph, The Times of India, Howrah News Service, and The Hindu, a number of people have been sickened by eating *Amanita phalloides*. On April 4 fourteen were reported to have died in three districts during the previous 24 hours. On April 6 two more succumbed and forty-five others were ill and being treated. By April 9 the total number of fatalities had risen to twenty. However, Howrah News Service related that local newspapers placed the death count at thirty-one. Warnings to avoid eating wild mushrooms were issued by the government. As in Australia, the fruiting of the mushrooms was triggered by the onset of heavy rains.

Amanita phalloides and a few other amatoxin-containing *Amanita* species, are responsible for the vast majority of mushroom fatalities around the world. However, this large number of poisonings, especially in such a small area, is highly unusual. ☹

Upcoming Events

May 12th -

7:30 PM - Trees of Colorado
Dina Clark, botanist and curator of vascular plants at the Denver Botanic Gardens, will help us learn to identify those Colorado trees which constitute the habitat for so many of the mushrooms we love to hunt.



June 9th -

7:30 PM - Myco-restoration
CMS member Marc Donsky will discuss the use of fungi to help repair or restore ecologically harmed habitats.

July 14th -

7:30 PM - "Tricholomas" - CMS member Ed Lubow

August 17th -

Annual CMS Mushroom Fair at Denver Botanic Gardens. The Fair identifier this year is Else Vellinga.

August 18th -

7:30 PM - Else Vellinga - Mushrooms: paths of discovery.
An exploration of the new developments in mycology: the findings in relationships between species, the roles of mushrooms in the environment, how mushrooms spread their spores and much more.

September 8th -

7:30 PM - Cook & Taste - A 10-minute introduction will be given by Rob Hallock on the mushrooms we will be eating.

October 13th -

7:30 PM - "Ethnomycology" - Dr. Roberto Garibay -

Morel Mischief

by Marilyn Shaw, CMS Toxicology Chair

An interesting paper from the Department of Toxicology, Klinikum rechts der Isar in Munich, Germany* has recently been published in the U.S. In it six cases are reviewed which were seen at the clinic in April and May of 2006. In all cases relatively large amounts (9.5 oz to 21 oz) of *Morchella conica* or *Morchella esculenta* were eaten. Symptoms including dizziness, incoordination, fine tremor, blurred vision, and sometimes nausea were seen. One male patient, 67, when given neurological tests, was unable to stand upright when he closed his eyes (a "pathological Romberg test"), and exhibited "a bradydysodochokinesia" (an inability to rapidly and alternately perform opposite movements like pronation / supination of the hand.) Onset of the symptoms ranged from 9 hours to 12 hours after the mushrooms were eaten. All patients had recovered within 24 hours with no lasting effects.

Mushroom specimens were examined both macroscopically and microscopically in all cases and were confirmed to be either *Morchella conica* or *Morchella esculenta*. It was theorized that co-ingestion of a toxic *Gyromitra* species was unlikely due to the difference in fruiting seasons of the two genera, as well as their marked differences in physical characteristics. The mushrooms were collected in the Oberbayern region.

While two of the patients had consumed one to two glasses of beer, breath tests of all patients did not show positive readings for alcohol. Drug tests were not done, but all patients were questioned about medications.

The local poison center reported ten similar cases about the same time. One involved a group of eight in which an 11 year old experienced hyperacusis (an unusual sensitivity to certain sound frequencies).

This cluster of cases involving edible morels seems to be more or less unique in medical publications, although there are scattered reports in mycological references, some of which involve alcohol consumption with morels. There is plenty of evidence that raw or undercooked specimens cause fairly severe, mostly GI symptoms. In the German cases it is possible that the illnesses may have been caused by failure to cook the mushrooms adequately, combined with the large amounts eaten (in one case about 21 oz by one woman.)

It should be noted that even when leftover specimens, either cooked or raw, are carefully identified, this information shows only what was not eaten, not what was actually consumed. It would be interesting to know if *Verpa bohemica* or related species grow in the area. It is fairly easy to confuse these with true morels, and they are known to cause illness in many people.

The moral of this morel story - which should be applied to all mushrooms - cook all mushrooms thoroughly, for several minutes. An additional benefit: you'll enjoy a more concentrated flavor. And, never eat large quantities of any wild mushroom.

*R. Pfab, B. Haberl, J. Kleber, and T. Zilker. Cerebellar effects after consumption of edible morels (*Morchella conica*, *Morchella esculenta*), *Clinical Toxicology* 2008 46 (3) 259-260.

** I find different spellings for this condition. This is the one used in this article.

CMS Thanks Hope Miller

It seems that something good always happens when Hope Miller is in Colorado and this time her presentation on Beatrix Potter was a highlight. For those of you who couldn't make it Hope's presentation detailed the lesser known parts of the remarkable life of Beatrix Potter and her contribution to the field of Mycology. Hope has a wonderful way of bring her subject to life, making the listener feel as though they knew Beatrix Potter personally. The CMS is fortunate to be the beneficiary of the considerable amount of research on Hope's part, we are truly grateful.

I've reprinted the brief time line of Beatrix Potter's life and events set in motion by her studies compiled by Hope as inspiration for budding Mycologists.

Helen Beatrix Potter—Mycologist

(July 28, 1866-Dec 23, 1943)

1887 - embarked in intensive study of fossils and fungi.

1888 - did the drawing showing *Hydnum repandum* & *Helvella crispa* which she showed to Charles McIntosh.

1892 - met Charles McIntosh, a postman/naturalist, whose friend ship she cherished her whole life.

1893 - Wrote her famous letter about Peter Rabbit to Noel Moore son of a former governess, long before she even thought about publishing it.

1894 - by this time she was naming the fungi which she found and painted. Her painting of *Strobilomyces* which was a new distributional record for Scotland.

1895 - National Trust formed to

preserve the countryside and ancient buildings of England, Wales and Northern Ireland.

1896 - began her studies on spore germination under the microscope visited Kew under auspices of in Thiselton Dyer, Director. Masee, a principal assistant, dismissed her work.

1897 - paper "On the Germination of the Spores of Agaricineae" read on April 1st by Mr. George Masee at meeting of Linnean Society of London. He was in charge of lower cryptograms at Kew Gardens, and 1st president of BMS, 1896

1901 - published privately 250 copies of "Peter Rabbit"

1902 - "The Tale of Peter Rabbit" was published with 6000 copies.

1905 - engaged to Norman Warns, her publisher, who died before they could marry.

1913 - married Willie Heelis, Solicitor and love of her life

1928 - sold full color animal paintings at 1 guinea apiece to raise enough money to save a strip of land on lake Windermere's shore from land development.

1930 - bought 2000 acres of land in Coniston which the National Trust wanted but could not afford at the time (she gave it to them for what she paid for it when they could get the money).

1934 - she gave a huge collection of her water colors and drawings of fungi, mosses, lichens and fossils to Arnett Library, Ambleside

1943 - December 23rd, died in Sawrey and left over 4,000 acres of land in the lake District to the National Trust. She wanted no mourning, flowers or letters. Tom Story, her farm manager, saw to it she was cremated and her ashes spread on the beloved

fills. He died in 1986 and never told her secret.

1967 - W. P. K. Findlay used 59 of the 270 paintings to illustrate his book "Wayside and Woodland Fungi"

1972 - "The Art of Beatrix Potter" by Enid & Leslie Lander, Frederick Warne & co Ltd. London & NY

1976 - Toronto Public Library acquired of 50 original MS letters, some with illustrations. Inquiries should be directed to Friends of the Osborne and L. H. Smith Collections, 40 St. George it., Toronto, Ontario, Canada M5S 2E4.

1980 - Beatrix Patter Society founded to "promote the study and appreciation of the life and works of Beatrix Potter" address: Membership Secretary, 65A Kensington Mansions, Trebovir Rd, London, SW5 9TD

1981 - A paper "Beatrix Potter: Mycologist and Biorecorder", by Dr. Mary Noble, appeared in The Journal of the Scottish Wild Life Trust

1981 - Deborah Rolland wrote "Beatrix Potter in Scotland's Frederick Warne Ltd, London, 32 pgs.

Note: some collections of Potter in the US may be found at the Hunt Institute for Botanical Documentation at Carnegie-Mellon unit.; Anne Carroll Moore Collection, Pratt Institute, Brooklyn, NY; The Horn Book Inc.; Manuscript and Archive Division, New York Public Library, NY, NY; Pierpoint Morgan Library of New York; Rare Book Dept, Free Library of Philadelphia, Philadelphia PA; Special Collections div., Stanford Library, Palo Alto, CA

(USA-Address): Beatrix Potter Society, c/o Ellen Schultz, Roosevelt School Library, 283 Washington Ave., Kenmore, NY, 14217.

(compiled by Hope Miller, for NAMA 1995)

Fruits of the Foray

Mushroom Recipes for Good Dining



Mary Ann Guthrie
Le Cordon Bleu Certified, Paris

Grilled Mushrooms and Leeks



Serves 4
Prep time: 10 minutes
Total time: 45 minutes

2 leeks, trimmed and cut into 2-inch pieces
1 ½ pounds button mushrooms
2 tablespoons olive oil
Salt and pepper
1 tablespoon Parmesan

Quarter 2 trimmed leeks lengthwise;

Spores Afield

cut into 2-inch pieces.

In bowl, toss 1 ½ pounds button mushrooms with 1 tablespoon olive oil; season with salt and pepper. Place in hot wok; cook until tender, 10 minutes.

In bowl, toss leeks with 1 tablespoon olive oil; season with salt and pepper. Cook, tossing, until lightly charred, 15 to 25 minutes. Dust with 1 tablespoon Parmesan.

Per serving: 111 calories; 6.2 grams fat; 4.4 grams protein; 12.2 grams

Lamb Chops with Mint Sauce and Mushrooms



Serves 2
Prep time: 30 minutes
Total time: 30 minutes

2 teaspoons white-wine vinegar
1 teaspoon Dijon mustard
1 teaspoon honey
2 tablespoons olive oil
¼ cup fresh mint leaves, finely chopped
Coarse salt and ground pepper
4 lamb rib chops (3 to 5 ounces each), fat trimmed from bone
1 tablespoon butter
8 ounces mixed mushrooms (see tip, below), shiitake stems discarded, all others trimmed, caps and stems coarsely chopped.

Make mint sauce: In a small bowl, combine vinegar, mustard, and honey. Whisk in oil and mint. Season with salt and pepper; set aside. If making ahead: Cover and refrigerate up to 1 day. Before serving, bring to room temperature, and whisk.

Heat a large skillet over medium-high. Season lamb with pepper. Sprinkle 1 teaspoon coarse salt evenly in skillet. Add chops; cook 2 to 4 minutes per side for medium-rare. Transfer to a plate; cover loosely with aluminum foil to keep warm.

Melt half the butter in a medium skillet over medium heat. Add mushrooms; season with salt and pepper. Cook until browned and softened, 4 to 5 minutes. Add 2 tablespoons water; stir, scraping up browned bits, and cook until liquid has evaporated, about 1 minute. Remove from heat. Stir in remaining butter; season with salt and pepper. Arrange chops on serving plates, and top with mint sauce. Serve with mushrooms and Celery Root Purée. Note: You can pick mixed loose or packaged mushrooms; we used oyster, cremini, chanterelle, and shiitake mushrooms, but any combination will taste delicious alongside the lamb.

Per serving: 423 cal; 29.9 g fat (9.2 g sat fat); 30.9 g protein; 8.5 g carb; 2.2 g fiber

Morels -

By Sean Miera

Morels are in the mountains

Outstanding taste

Running to the Morel foray

Exciting to find lots of morels.

Little mushroom, big taste.

Simply put, morels are good!

Join Friends of Fungi

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
P.O. Box 9621
Denver, CO 80209

Workshop

Due to a conflict with the quarterly meeting of the CMS Board of Directors there will be no pre-meeting workshop in May. See you next month!

Spores Afield

Snowbank Mushroom Foray

Due to higher than average snowpack in the mountains, we are unable to pick a date for the second annual snowbank mushroom foray. We expect the foray to be between mid May and early June, and we are planning to announce the foray date at the May meeting. We will also post full information about this foray on the website (http://www.cmsweb.org/schedule_foray_s.htm) in early to mid May as soon as details are available.

Books For Sale

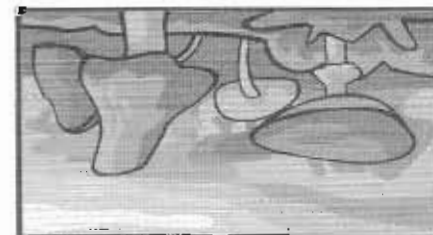
There is a table at our meetings filled with wonderful books available to our members at a discount. What you may not know is that a portion of the book sales also funds our programs. Please support the CMS by purchasing your mushroom reference books from us.



DEADLINE

The deadline for submissions to the June addition of Spores Afield is the 15th of April. Photos, letters to the Editor (I'm tough, I can take criticism), artwork and topics you'd like to see covered are all welcome. Please email Gretchen at lindygrey@yahoo.com.

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