

Next Meeting Aug. 14<sup>th</sup>, 2006

# SPORES Afield

The newsletter of the Colorado Mycological Society August 2006

## Presidents Column



Rain glorious  
Rain! Things  
have definitely  
gotten better along  
the Front Range.  
My wife and I  
went out last night  
7/21 and found

a couple dozen nice porcini, *Boletus edulis* buttons, quite a few oysters, *Pleurotus populinus* and found that the matsutake *Tricholoma magnivalare* are at the small button stage, they will be another week or two. At least along the Front Range we should have a good season especially if the rain keeps coming, I'm not really sure about the rest of the state.

The 29th annual CMS fair is just around the corner August 13th at the Denver Botanic Gardens. CMS members get in for free, please bring your CMS membership card or a recent issue of SporesAfield with your address label showing current membership. I would like to encourage you to volunteer to help at the fair, this is a great way to meet other members of your society and take a crash course in mushroom identification. Please contact Fair Chairperson Rob Hallock at 720-480-4452 or e-mail him at [rob.hallock@uchsc.edu](mailto:rob.hallock@uchsc.edu) for more information and to volunteer. Enclosed with this issue of SporesAfield is a flyer advertising the CMS Fair, please post this flyer somewhere where it will get a lot of attention. A good place might be your local supermarket, library, church or at work.

*(continued next column)*

## Subject for the August meeting.

"CMS members talk about their favorite mushrooms from the Fair."

Conducted by Fair Chairperson Rob Hallock

A panel of CMS members will discuss their favorite mushrooms and will have samples that were on display at the CMS fair. Join us in this round-table style discussion, ask questions and talk about your favorite mushrooms. There will be many mushrooms from the fair on display as well.

*(Presidents continued from column 1)*

Many markets have a bulletin board for posting such items but please ask first, we don't want to get any complaints. *Please do not post it on telephone poles, stop signs and the like, this is illegal.* Please see related article on page 4 about how to collect mushrooms for the fair.

Many of you are receiving your first issue of "E-SporesAfield" the new full color e-mail version of SporesAfield. If you have not signed up yet it is never to late, simply e-mail membership chairperson Linda deLeon with the subject title "CMS E-Spores" and she will get you on the list. Her contact info is: [ldeleon@comcast.net](mailto:ldeleon@comcast.net). This does mean that you will no longer receive a hardcopy in the mail but you will get a superior newsletter with "E-Spores". You will get everything in the hardcopy newsletter plus links to our web-site and others, any web-site that is mentioned in an article is just a click away, plus full color photos. As you know this is also a cost saving effort by CMS to help keep the society alive and well for many years to come.

*(continued on page 2)*

## Upcoming Events

- Aug. 12<sup>th</sup>** Fair Setup, Please contact Fair Chairperson Rob Hallock at 720-480-4452 or e-mail him at rob.hallock@uchsc.edu for more information and to volunteer.
- Aug. 13<sup>th</sup>** Annual CMS Mushroom Fair at Denver Botanic Gardens, The Fair identifier this year is Dr. Roy Halling of the New York Botanical Gardens. See related article in this issue.
- Aug. 14<sup>th</sup>** CMS member Rob Hallock. "CMS members introduce fungi from the fair"
- Aug. 17-20<sup>th</sup>** Crested Butte Wild Mushroom Festival, for more info: call Roger Kahn at 303-322-5532 or 970-349-0238 or [www.cbmushfest.com](http://www.cbmushfest.com)
- Aug. 17-20<sup>th</sup>** 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](http://www.namyco.org).
- Aug. 18-19<sup>th</sup>** 26<sup>th</sup> Annual Telluride Mushroom Festival. For more information call Kris at 970-728-1412 or at [www.mushroomfestival.com](http://www.mushroomfestival.com)
- Aug. 26-27<sup>th</sup>** 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. 11<sup>th</sup>** Cook & Taste, Chairperson William Windsor, contact him at [wnwindsor@comcast.net](mailto:wnwindsor@comcast.net). or 303-544-6069  
**Note: this meeting will be held in Gates Hall.**

**Oct. 9<sup>th</sup>** Gary Lincoff on psychoactive mushrooms

**Oct. 22<sup>nd</sup>** "End of the Season Fungi Feast" at the Boulder Cork restaurant, see the insert in last months issue for more information or contact Tom Ruzicka 303-447-2740 or at [tomruzicka@comcast.net](mailto:tomruzicka@comcast.net)

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.

*(Presidents continued from page 1)*

CMS member Rob Hallock will be giving a lecture at the Flagship REI store 1416 Platte St Denver, CO 80202 at 7:00 pm on August 9th. The lecture will cover mushrooms in general and is an effort to stimulate interest in CMS I will be giving a short promotion of CMS at the end of the program and will have brochures and fair flyers available.

Surprise; the Telluride Mushroom Festival is happening this year under new management. Tickets are \$80 in advance for the two day event and can be purchased at [www.tellurideticket.com](http://www.tellurideticket.com). For more information see "Upcoming Events" on this page.

Happy hunting!

### *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](http://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.**

**July 30<sup>th</sup>**, Tom Taggart will lead a foray, please contact him a week or two before the foray at 303-423-5317 or [tnntaggart@uswest.net](mailto:tnntaggart@uswest.net)

**Aug. 5<sup>th</sup>**, Tom Ruzicka will lead a foray, please contact him a week or two before the foray at 303-447-2740 or at [tomruzicka@comcast.net](mailto:tomruzicka@comcast.net).

**Aug. 11<sup>th</sup>**, Ellen Jacobson will lead a foray with fair identifier Dr. Roy Halling. Contact Ellen at 303-741-3836 or [egj538@aol.com](mailto:egj538@aol.com).

**Aug. 19<sup>th</sup>**, Marianne Hewitt will lead a **beginners foray** all are welcome. Contact her at 303-986-1195 for more information.

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 at [tomruzicka@comcast.net](mailto:tomruzicka@comcast.net).

## Profile of the 2006 Fair Identifier

Roy E. Halling

Curator of Mycology, Institute of Systematic Botany

Major research emphasis has been on the classification, systematics, biogeography, and diversity of mushrooms. Mushrooms are important in the world's ecosystems as primary decomposers, litter binders, and nutrient recyclers. In addition, they form obligate and essential symbioses with forest trees. Up to the present time, my studies on mushrooms have required field work in northern and southern temperate zones of the Americas and Europe, as well as Australia, Argentina, Belize, Bolivia, Brazil, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, Jamaica, Indonesia, Malaysia, New Zealand, Papua New Guinea, Puerto Rico, Thailand, and Venezuela. Continuing field efforts in these areas have added substantially to general investigations on tropical and temperate fungi. The field work is coupled with a critical laboratory analysis that includes microscopical examinations as well as molecular analysis. During the past two decades, field and laboratory research has focussed on tropical and temperate South America. Currently, studies are emphasizing the taxonomy, phylogeny, mycorrhizal relationships, and biogeography of the Boletaceae (Porcini mushrooms). International collaboration with other specialists is underway to catalog fungal diversity in Central America. Such an inventory will add substantially to our knowledge of the saprobic and mycorrhizal mushrooms beneficial to Central and South American oak and alder forests, as well as the Neotropical subalpine zone (páramo). New research will concentrate on systematics and phylogeny of some porcini mushrooms on a global scale, but with particular emphasis on species in Australia and SE Asia.

To read more about Dr. Halling and his work go to: [http://sciweb.nybg.org/science2/Profile\\_1.asp](http://sciweb.nybg.org/science2/Profile_1.asp)

## **BRING EM BACK ALIVE!**

Some suggestions for collecting mushrooms for further study and identification FROM THE HERBARIUM OF FUNGI AT DENVER BOTANIC GARDENS

When you find a mushroom that you want to show to an expert for identification (and possibly have it preserved for further study), here are some reminders:

Collect only fresh, moist, whole specimens. Unless you believe it to be very rare or unusual, do not bring in a “singleton”. Try to get buttons along with other young to mature individuals. Use good collecting techniques, getting base of stipes. Brush dirt off lightly and make sure too much dirt doesn't damage the specimen. Include a few notes. On a small piece of paper to include with the specimen, record habitat, putting sprig or leaf of host plant or tree in with the specimen as a reminder. If the mushrooms are small and in moss or other bryophytes, leave that plant material around the specimen to help keep it moist. If possible, write down obvious features that might disappear, such as veil attachment, colors, odor, or taste. Make a note where you found the mushroom. Put specimen in a container using a firm container for small, delicate specimens and waxed paper for larger ones. Keep each collection separate from other kinds. Place it in a firm container such as a cottage cheese box or other small, lidded box (if the mushrooms are small). We find compartmented boxes used by fly fishermen excellent. Place a piece of damp paper towel in the bottom to keep the specimens moist. Desiccated specimens are hard to identify. Make a spore print for assessment of spore color to help with identification. Slip a piece of white paper under the gills. By the time you get home, you may have a usable print if you arrange the paper just below the gills. RosaLee uses the shiny side of freezer paper!

## **A FEW 'DO NOT' SUGGESTIONS:**

Do NOT freeze or wash or put specimens in water.

Do NOT leave specimens in a hot car. Refrigerate or put in cooler.

Do NOT collect specimens in plastic bags. They sweat!

If you give a properly collected specimen to an expert (or bring it in to the Fair in August), your specimen may be preserved “in perpetuity” for science! We at the Herbarium are always grateful for your contributions. You may bring us a new Colorado record, or a new species! We have hundreds of great specimens (and some very rare ones) donated by members of CMS. Come see them!

By Vera Evenson, Curator  
RosaLee Brace, Volunteer

## **For more information related to CMS, contact:**

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# SEPTEMBER MUSHROOM TASTING

SEPTEMBER 11<sup>th</sup>, 2006

We are planning a wild mushroom Cook & Taste for the September meeting. The Cook & Taste will be held at 7:30 in Gates Hall at the Denver Botanic Gardens. Members are encouraged to bring a mushroom dish to share with other members. Those who have no time to cook or cannot cook may bring drinks, desserts, salads, or bread (prepared food from the grocery is fine.) The Cook and Taste is being organized by William Windsor. Contact him at 303-544-6069 or [wnwindsor@comcast.net](mailto:wnwindsor@comcast.net) to let him know what you are bringing. We don't want all the same dish.

Only the following mushroom species may be used:

*Boletus barrowsii*

*Boletus edulis*

*Cantharellus cibarius*

*Commercial mushrooms from a grocery*

*Coprinus comatus*

*Dentinum repandum*

*Flammulina velutipes*

*Hydnum imbricatum*

*Lactarius deliciosus*

*Marasmius oreades*

*Matsutake - Tricholoma magnivelare or Tricholoma caligatum*

*Morchella angusticeps*

*Pleurotus ostreatus*

All the dishes brought to the Cook & Taste must follow these rules:

- 1) All mushrooms must be well cooked. Raw mushrooms will not be allowed in any dish.
- 2) Use only one species of mushroom in each dish.
- 3) A written recipe prominently showing the species of mushroom in the dish and the cook's name **MUST** accompany each dish.
- 4) Leccinum species are not allowed!
- 5) If you have a supply of a good, common edible species of mushroom that you would like to use in a dish, but it isn't on the list above, call Marilyn Shaw at 303-377-1278. All exceptions must be approved in advance of the Cook & Taste.

# Mmmmm, Mmmmm, Marasmius Mushrooms!

By William Windsor

In Boulder, the early ‘monsoon’ rains have been a blessing. This spring was much too dry and warm and the ground cover in the front range mountains were dangerously dry. In early July we had several long gentle rain days which was perfect for replenishing the ground and it triggered the fruiting of a number of Mushrooms. Various *Agaricus* mushrooms sprung up around town, followed by *Lepiota* mushrooms. For the novice ‘shroomer’ proper identification within each genus can be tricky. One of my favorite ‘city mushrooms’ is *Agaricus bitorques*, better know as the ‘Tork’. In its button stage the Tork grows underground and then emerges from the ground with a fully open cap. Like Matsutake, I find it great fun to go ‘mining for mushrooms’ to find the young unopened buttons beneath the soil. Torks have a very solid body and when stored in a paper bag in the refrigerator, they will stay ‘fresh’ for up to ten days or so. The flavor of a Tork is very similar to store-bought *Agaricus* mushrooms, but with their solid caps, the texture when cooked remains very meaty and firm. Sautéed and served with steak, the mushrooms rival the meat in taste and texture.

Another mushroom making its appearance now is *Marasmius oreades*, the Fairy Ring Mushroom. I



am becoming a real fan of this little mushroom with great big flavor. Fairy Ring mushrooms

grow in grass and have the uncanny ability to revive after they have been dried out by the sun. Its cellular structure is not damaged by drying and when re-hydrated by rain, the dried-out mushroom will absorb the moisture and come back to life and

produce spores. How remarkable is that! This ability to re-hydrate and the fact that it occurs in large numbers, makes this mushroom a great one to dry and save for the winter months.

The Fairy Ring mushroom grows in grass yards. I hunt older schoolyards and pocket parks for the mushroom. I use the condition of the yard as an indicator for my hunting grounds. Beautiful weed-free yards are a sure sign of the use of herbicides and fungicides. I go to neglected grounds with lots of weeds growing with the grass.

This week, the rains went away in the Boulder area and the heat really dried out nearly all mushrooms in just a few days. With the ability of the Fairy Ring mushroom to re-hydrate to near perfect condition, I was able to harvest a large amount of very good condition sun-dried Fairy Ring mushrooms this afternoon. One word of caution, at two locations I found very similar looking and potentially poisonous *Clitocybe* mushrooms growing together with the *Marasmius* mushrooms. When dried, its hard to make out the attached gills of the *Clitocybe* vs. the free gills of the *Marasmius*, however, the difference in the stalks is a sure way to confirm identification. *Marasmius* stalks are much thinner than *Clitocybe* and tough and pliant.

Here is a simple and delicious ‘one pan’ breakfast meal featuring the Fairy Ring mushroom. Sauté some *Marasmius* mushrooms with diced onion in butter or extra virgin olive oil. When lightly browned, toss in some diced garlic followed by some pasta (I like to use linguini). Stir over medium heat for a couple of minutes then push the mixture to the sides of the pan and gently add two (or more for a family sized batch) eggs to the center of the pan. Cook the eggs ‘sunny side up’ and just before the top of the whites are fully cooked, take the pan off the heat and stir everything in the pan for just a few moments and immediately serve onto your plate.

Mmmmm, Mmmmm *Marasmius* Mushrooms! Enjoy, and good forays to you all.

## Mushroom Stir Fry Supreme

By Ellen Jacobson

### Ingredients:

1/2 LB fresh *Dentinum repandum* or *Cantherallus cibarius*  
1/4 lb bacon - cut into 1/2" strips  
1/2 medium onion - sliced thin  
salt & pepper to taste  
1/4 C green pepper - chopped  
2 or 3 C summer squash - julienne  
1 clove garlic - minced fine

### Directions:

Fry bacon to almost crisp and set aside. Discard the bacon drippings. Sauté the garlic, green peppers and onions over a medium heat until almost tender in oil, margarine or butter. In a separate pan, sauté the mushrooms over medium heat for about five minutes. Do not overcook. Set aside. Add squash to the garlic, peppers & onions and stir fry over medium to high heat until almost tender. Add bacon and mushrooms to the squash and toss to heat through. Garnish with fresh parsley. Serves 4.

## *Cantharellus cibarius* Punch

By Tomie Taggart

### Ingredients:

1 can Dole pineapple/orange/guava frozen juice  
1 can lemonade frozen juice  
2 qts clear soft drink (like 7UP)  
Chanterelle ice cubes

### Directions:

To make the ice cubes:  
Boil 30 pieces of chanterelle with 2 quarts of water for about 15 minutes. Allow to cool to room temperature. Pour the liquid into ice trays. Put a piece of chanterelle into each cube section and freeze.

Mix both frozen juices and add the amount of water recommended on the cans. Add the 7UP and the Chanterelle Ice Cubes. Orange, Lime or Lemon slices add a nice garnish.

## Fettucine with Fresh Porcini

By Jim Smailer

Chef, The Boulder Cork Restaurant

### Ingredients:

1/4 cup olive oil  
1 1/2 lbs fresh porcini, cleaned and sliced  
4 cloves of garlic, sliced  
2 tbsn unsalted butter  
1/2 cup flat leaf parsley, minced  
1 cup vegetable broth  
1 lb egg fettucine, dried or fresh  
1/2 cup grated Parmigiano-Reggiano cheese

### Directions:

Heat the oil in a large skillet and sauté the porcini and garlic in batches. Do not crowd the pan. Season each batch with salt and pepper. When both sides of porcini are nicely browned, transfer them to a plate. Discard the garlic.

Place sautéed porcini back in the saute pan and add the butter, parsley, and vegetable stock. Simmer over medium heat for 3 minutes. Correct for salt and pepper to taste.

Cook the pasta in boiling, salted water. Drain pasta and add it to the porcini mixture. Toss mixture with half of the cheese.

Serve pasta on warm plates and garnish with remaining cheese and some parsley.

See these recipes and many more at:  
[www.cmsweb.org](http://www.cmsweb.org).