

Fungifama

August, 1996

The newsletter of the **South Vancouver Island Mycological Society**

Volume 3.6

SVIMS

| | |
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| President: | Hannah Nadel |
| Vice President: | Paul Young |
| Secretary: | Brenda Callan |
| Treasurer: | Sue Thorn |
| Director: | Jocelyn Lalonde |
| Director: | Renata Outerbridge |
| Director: | Dennis Ingersoll |
| Fungifama: | Richard Winder |
| Membership: | Hannah Nadel |
| Meetings: | The first Thursday of every month (except December, January, July, and August) 7:00 p.m. Sharp at the Pacific Forestry Centre, 506 West Burnside Rd., Victoria. Dues are currently \$15 per year per household, \$7.50 per half year. |

INSIDE:

| | |
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| RECIPES | <i>News Flash! Dennis Ingersoll</i> |
| MYCOQUIZ | <i>will lead a foray to China Beach</i> |
| UPCOMING EVENTS | <i>on Sept. 15. Meet at logger's</i> |
| WINDER'S WOODLOT | <i>pole monument at parking lot,</i> |
| SOCIETY HIGHLIGHTS | <i>Evergreen Mall, Sooke, at 10:00</i> |
| | <i>a.m. If it looks too dry call</i> |
| | <i>Dennis.</i> |

WINDER'S WOODLOT

Welcome back to another issue of fungal fun after our typically dry (and mushroom-free) summer! At the time of this writing, everything is bone dry on the South Island, to the extent that we even had a small forest fire in Winder's woodlot, complete with fire trucks and water bombers. No, I wasn't attempting to cultivate morels. Anyway, although mushroom hunters are mostly looking at *Paxillus atrotomentosus* (velvet pax) and *Lycoperdon perlatum* (common puffball) this month, wet pockets do have some interesting mushrooms, such as *Laetiporus sulphureus* (chicken-of-the-woods), *Pleurotus ostreatus* (oyster mushroom), and lone scouts for genera such as *Russula*, *Lactarius*, and *Cantharellus*.

Despite all this, I'm moving Winder's woodlot to the mushroom-friendly forests of Northern B.C. (just this month),

by virtue of the fact that 1) That's where I've been lately, and 2) That's where the mushrooms have been lately. Although the majority of my time was spent looking for micro-fungi along the Alaska Highway, I did get the odd opportunity to get out and investigate higher fungi, so what follows is a mini-diary of what I found:

Aug. 8: Puggins Mtn. (SW of Dawson Creek). While sampling in a 5-year-old clear-cut, I noticed quite a few mycorrhizal mushrooms, including *Russula* spp., presumably surviving on living roots of the harvested trees and/or the few young aspen saplings in the area. I was excited to find a large, photogenic group of some cup fungi (which I photographed, of course).

Aug. 8: Johnson Creek (Near WAC Bennet Dam). I found a few mycorrhizal mushrooms in an area similar to Puggins Mountain., with *Russula* spp., etc.

Aug. 9: Alaska highway, mile 73. I found a large number of pretty yellow Siberian slippery jacks (*Suillus sibiricus*) growing around a clump of lodge pole pine trees (ca. 10 years old) in the midst of a clear-cut. I identified them as *sibiricus* and not *americanus* because the caps were spotted, not streaked.

August 10 Alaska highway, mile ? I'm keeping the location secret, for reason s I'll explain below. I will say this was somewhere in the boreal forest south of Fort Nelson and north of Fort St. John. I was exploring a likely looking side road and decided to check under some nearby spruce and birch trees. Although there were other fungi, what really caught my eye was the amazing number of *Leccinum scabrum* (birch *Leccinum*) which were fruiting under the birch trees there- some quite large (and some had lots of bugs, Hannah!). As I was packing up to go, I was surprised by three native teens bursting through the bush, one carrying a tackle box, and all three carrying rifles. I hesitated...shooting fish? I decided on a safe course of conversation, and asked them if they were fishing. The boys were eager to tell me what they'd been catching, and I soon learned just where to catch 4-5 pound "dollys" in the area, and with what bait. Unfortunately, I wasn't in a position to stop anywhere to cook or dry mushrooms on the trip, and had to leave the *L. scabrum* behind (some report *L. scabrum* as mediocre, but others report it as a choice edible). Someday, however, I plan to return to the spot, prepared to dine on fish and *Leccinum*. Yet another fine example of the side benefits of mushroom hunting!

MYCOQUIZ

Test your knowledge of mushrooms and their names against these challenging questions. The answers are on the last page. The rankings are:

| Number of right answers | Ranking (You are a/an..) |
|-------------------------|-----------------------------------|
| 0 | Tree stump |
| 1 | Novice |
| 2 | Advanced novice |
| 3 | Advanced advanced novice |
| 4 | Brownie |
| 5 | Elf scout |
| 6 | Future editor of <i>Fungifama</i> |
| 7 | Mycowizard |
| 8 | Fungi cognoscenti |
| 9 | Expert |
| 10 | Mushroom |

1. What animal is connected to the names of *Suillus* spp. and *Discina perlata*?
2. When might *Agaricus subrufescens* seem like *Hygrophorus agathosmus*? Or how about *Agaricus micromegathus* seeming like *Clitocybe deceptiva* or *Hydnellum suaveolens*?
3. Why would it be neat to find *Laetiporus sulphureus*, *Grifola frondosa*, and *Strobilomyces floccopus* growing at the western border of Ontario?
4. Consuming chanterelles may give you good vibes, but when are they involved with French chamber music?
5. You are out in the woods with nothing to do after a long foray. You decide to play a game of chess with mushrooms for pieces. Based on their common names, can you think of at least four likely candidates for some of the pieces (King, Queen, Bishop, Knight, Rook, Pawn)?
6. That stem-like thing on mushrooms- is it called a stalk or a stipe?
7. What is the connection between *Coprinus atramentarius*, *Agaricus subrufescens*, *Ramaria botrytis*, *Chroogomphus vinicolor*, and *Stropharia rugoso-annulata*?
8. The French word *cèpe* refers to which mushroom species? Bonus point: What are the German, Italian, Czech, and Polish words equivalent to *cèpe*?
9. *Amanita phalloides* is called the Death Cap or Death Cup), and in Europe, *Craterellus cornucopioides*, is known as the Trumpet de mort (Trumpet of death). Which are poisonous?
10. Oyster mushrooms (*Pleurotus ostreatus*), Lobster mushrooms (hyperparasitic *Hypomyces lactifluorum*) and coral mushrooms (Clavariaceae): which ones grow in Lake Cowichan?

SOCIETY HIGHLIGHTS

The *Boletus* barbecue at Winder's woodlot attracted a larger group this year, and while the dry weather kept the fresh boletes away, people brought an amazing variety of dishes with them. Fortunately, there weren't so many there that we couldn't stuff ourselves with morels, boletes, and other fungal fructifications. Some of the dishes brought in were awesomely tasteful. Highlights for this author were a delightful morel and pasta salad brought in by Gordon Telford, and an amazing 7 mushroom stew brought in by Renata Outerbridge (see recipe below).

RECIPES

Seven (or eight) mushroom stew
Contributed by Renata Outerbridge.

| | |
|----------|-----------------------------------------------|
| 1 cup | Chopped onion |
| 1/2 cup | Chopped <i>Agaricus bisporus</i> |
| 1/2 cup | Carrots |
| 1/2 cup | Potatoes |
| Some | Oil |
| 3 cups | Water |
| 2 cubes | Maggi seasoning |
| 2 leaves | Laurel |
| Some | Black pepper |
| Some | Garlic |
| 1/2 cup | Dried morels |
| 1/2 cup | Dried <i>Boletus edulis</i> |
| Some | Dried <i>Boletus barrowsii</i> (if available) |
| 1/4 Cup | Dried <i>Leccinum aurantiacum</i> |
| 1/4 cup | <i>Copinus comatus</i> |
| 1/4 cup | Dried <i>Boletus mirabilis</i> |
| 1/4 cup | Dried <i>Boletus zelleri</i> |
| 1/2 cup | Cream |
| 1/2 cup | Sour cream |
| 2 | Egg yolks |
| 1 tsp. | Starch or arrowroot powder |
| 1 dash | Worcestershire sauce |
| 1 tbsp | Fresh chopped dill |

Fry onion in some oil until golden. Add A. *Bisporus*, carrots, and potatoes, more oil if needed, stir, cook 5 min. Add water, maggi seasoning, laurel leaves, pepper and garlic to taste, and the rest of the mushrooms. Cook until the veggies are done and the mushrooms are soft (ca. 15 min.). Add a mixture of the cream, sour cream, egg yolks, and starch or arrowroot powder. Cook 5 min., mix in Worcestershire sauce and dill just before serving.

Paula's stuffed mushrooms

From the *Lost and found* column in the August 14, 1996 edition of the *Times Colonist* (Victoria, B.C.) by April Johnson:

| | |
|---------|--------------------------------------------------------------------|
| 1 can | Salmon |
| 1/4 cup | Steamed rice |
| 1 | Large broccoli stem or equivalent in chopped celery or fiddleheads |
| 1 pound | Large button <i>Agaricus bisporus</i> |
| Some | Basil and pepper |
| 1 tbsp | Mayonnaise |
| 1 tbsp | Grated Parmesan cheese |
| 1 tbsp | Grated bread crumbs |

Drain salmon, reserve liquid, mash salmon and rice together with a fork. Peel and finely dice the broccoli stem. Separate mushroom stems from caps, and finely dice the stems. Add diced mushroom and broccoli stems to salmon and rice, season to taste. Stir back in some liquid if too dry to cling together, add mayonnaise. Tuck spoonfuls into mushroom caps, and arrange stuffed caps in an oiled casserole dish. Sprinkle tops with Parmesan/breadcrumb mixture. Bake at 350°F for 10 min.; grill for 3-5 minutes until golden brown.

Mushroom ketchup.

From Valerie March's 1972 "Cooking with mushrooms", Elm Tree Books, Ltd., London:

| | |
|--------------|-------------------------------------|
| 10 pounds | Fresh open <i>Agaricus bisporus</i> |
| 1/2 pound | Cooking salt |
| 1/4 teaspoon | Cayenne pepper |
| 1/4 teaspoon | Ground ginger |
| 1/4 teaspoon | Allspice |

Brush dirt off mushrooms, but do not wet. Break into small pieces and layer in a bowl, sprinkling each layer with a generous amount of salt and topping w/ salt. Let stand in a cool place for 48 h, stirring at frequent intervals. Turn into a large enamel pan, simmer 20 min., strain the resulting liquid, measure, and place in a clean pan. Add the-spices, and boil the ketchup until reduced by half. Add a little port, Madeira, or brandy if desired, and put into clean, dry bottles.

Portobello Pizzas

Contributed by Christene Rafuse, from an article in *The Bulletin and The Progress Enterprise* (Bridgewater, Nova Scotia), June 5, 1996, by Marg Hennigar, titled *Mushrooms*:

| | |
|---------------|------------------------------------------------------------------------------|
| 2 | Large portobello mushrooms |
| 2 | Large ripe tomatoes, seeded & chopped |
| (or 1-2 cups) | Canned tomatoes, chopped or |
| (or 1-2 cups) | Good quality tomato sauce |
| 2 tbsp | Capers |
| 1 can | Anchovies, drained., soaked in milk to remove oil, patted dry & chopped line |
| 1 or more | Garlic clove |
| 2 tbsp | Kalamata or green olives, pitted, chopped |
| 4 tbsp | Mozzarella cheese |
| 2 tbsp | Shredded Parmesan cheese |
| 1-2 tbsp | Virgin olive oil |
| Some | Salt and fresh ground black pepper |

Preheat oven to 400°F. Cut and discard stems from the mushrooms. Gently brush to dislodge debris, place caps, gills up, on an oiled foil-lined baking sheet. Divide tomatoes or tomato sauce between caps, distributing evenly. Sprinkle half of the anchovies, capers, garlic, and olives over each mushroom. Sprinkle with oil, top with cheeses. Bake for 20-25 min. until mushrooms are tender and topping is bubbly and golden.

MYCOQUIZ ANSWERS

- The pig. The generic name *Suillus* is derived from a Latin word ("su" or "sus") relating to pigs (some refer to *Suillus* spp. as hog mushrooms). A common name of *Discina perlata* is Pig's ear (*Gomphus clavatus* is also called Pig's ear; sometimes also *Auricularia auricula-judae*).
- When smelling them with your eyes closed. *Agaricus subrufescens* (Almond mushroom) and *Hygrophorus agathosmus* (Gray almond waxy cap) may both smell like almonds. *Agaricus micromegathus* (Anise Agaricus), *Clitocybe deceptiva* (Anise mushroom), and *Hydnellum suaveolens* (Fragrant Hydnellum) may all smell like anise.
- Because then you would have Chicken-of-the-woods, Hen-of-the-woods, and Old-man-of-the-woods at Lake-of-the-woods.
- The French word chanterelle can also mean the highest-pitched string on a musical instrument. The mushroom term, however, is derived from a diminutive form of the Latin "cantherus" meaning tankard or mug.
- The following are merely suggestions:

| | | |
|-------|----|-----------------------------------------------------------|
| White | K | <i>Boletus edulis</i> (King bolete) (light form) |
| | Q | <i>Agaricus perobscurus</i> (The Princess) |
| | B | <i>Amanita ocreata</i> (Destroying angel) |
| | Kn | <i>Agaricus arvensis</i> (Horse mushroom) |
| | R | <i>Daedalea quercina</i> (Thick-walled maze polypore) |
| Black | P | <i>Sphaerobolus stellatus</i> (Cannon fungus) |
| | K | <i>Amanita caesarea</i> (Caesa/s amanita) |
| | Q | <i>Boletus aereus</i> (Queen bolete) |
| | B | <i>Exidia glandulosa</i> (Black witch's butter) |
| | Kn | <i>Tricholoma flavovirens</i> (Man-on-horseback) |
| | R | <i>Daedaleopsis confragosa</i> thin-walled maze polypore) |
| | P | <i>Suillus luteus</i> (Slippery Jack) |

If you made four choices that please you, count the answer as correct.

- Either one.
- Alcoholic names. Common names used for these fungi, respectively, are: Tipple/s bane, Wine-colored *Agaricus*, Wine-tipped coral, Wine cap, and Wine-red (or Winecap) *Stropharia*.
- As it is employed in France, the word cèpe actually refers to four similar large-stalked species: *Boletus edulis* (olive-brown cap), *B. aereus* (blackish cap), *B. pinicola* (mahogany brown, not associated with pines), and *B. aestivalis* (velvety pale café au lait colored cap which is cracked when dry). In Europe, one should also be aware that *B. edulis* found in parts of Italy has a distinct flavor, and may be at least a distinct variety. Bonus: Equivalent terms for cèpe include "steinpilz" (German) and "porcini" (Italian). In Czech and Polish, different terms apply, depending on circumstances. If it's with pine trees, the applicable terms are "borowik" (Polish) or "borovak"

(Czech). Otherwise, it is "pravdivka" in Polish and hRib (large specimen) or hRibék (small specimen) in Czech. I told you this was challenging!

9. *A. phalloides* is deadly poisonous, while *C. cornucopioides* is considered a choice edible by David Aurora in *Mushrooms Demystified*. In the second case, the name refers to the appearance, not the result of ingestion.
10. They may grow near Lake Cowichan, or on an island in Lake Cowichan, but none of them grow in Lake Cowichan (the water body) under normal circumstances! Hopefully, this one didn't "stump" anyone!

UPCOMING EVENTS

5 September Monthly meeting

EVERYONE STRONGLY URGED TO ATTEND.

The Search and Rescue Society of B.C. will enlighten us about safety in the woods, just in time for the fall foray season.

15 Sept. - See Page 1!

21 September The Third Annual Renfrew Rally

Leader- Richard Winder. Yes, it time for the infamously comical cavalcade and caravan that we all know as the Renfrew Rally to hit the road again! This proposed date is closer to the Sept. 17 date of the first rally, which was much more successful than the last soggy affair. Chanterelles and boletes will be on the agenda. Meet at 10:00 a.m. at the Recreation Centre parking lot in Port Renfrew (near the big map and whale). We will only wait 15 minutes for stragglers, people getting coffee, etc. before proceeding to Lizard Lake. Because this is such a popular foray, special rules will be in effect so that we don't leave anyone behind. Instead of a roll call, you will be asked to submit the form attached to, the end of this section before departing into the woods, and to retrieve it before leaving for the day (slips will be openly accessible at the lead car in the parking area, throughout the foray, so don't leave without checking out by taking your slip). If you choose not to do this, Richard will take no responsibility for your whereabouts. For the trip from Renfrew to Lizard Lake or any other sites, the lead car will be responsible for keeping the next car in sight, the next car will be responsible for keeping the car which follows it in sight, etc. to the last car. Before all cars leave a site, absence of parties in the car which follows you should be reported to the leader. As always, for safety reasons we advise you to always keep a partner in sight during the foray. Happy hunting!

3 October Monthly meeting - mushroom mania night

Bring a maximum of 3 different types of mushrooms in for a group identification session.

4 - 6 October Manning Park Foray (tentative)

The Vancouver Mycological Society invites SVIMS members to a foray based at the Last Resort in Manning Park. More details later.

12-13 October Cowichan scout trip (tentative)

Approximately one week before the fall mushroom show, it might be nice to camp near Honeymoon Bay to scout out collection spots for the fall show. Lobby your foray committee!

20 or 27 October Fall mushroom display (tentative)

Collection day will be prior to the show day.

7 November Monthly meeting.

SVIMS member Bryce Kendrick will speak to us about- what else? Fungi!

WHAT'S ON THE WEB?

[Picture of Boletus redacted]

A sample (*Boletus edulis*) of the many mushroom pictures available at the San Francisco Mycological Society's web site "Common fungi of the Bay area (http://www.dnai.com/~mwood/mykoweb/ba_fungi.html).

Renfrew Rally Attendance Slip

Please cut this slip out or make a copy of it and turn it in at the box located at the lead car before participating in the foray, and please remember to retrieve it before leaving the foray.

Family name _____

Number of people in vehicle _____

Vehicle color/type _____

THANK YOU FOR YOUR COOPERATION!

