

Fungifama



The Newsletter of the South Vancouver Island Mycological Society
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Dues: \$15.00 per year per household, payable in January by cheque made out to SVIMS or by cash at meeting.

Meetings: First Thursday of the month (no meetings December, January, July, and August), 7:00 p.m. sharp at the Pacific Forestry Centre, 506 Burnside Rd. W., Victoria. Lots of free parking. The meeting room is near the main entrance door. Non-members welcome.

Monthly Meeting:

Thursday, June 7

John Dennis: Mushroom toxins.

July and August

No meetings

Thursday, September 6

Renata Outerbridge will tempt us with her approach to mushroom cooking.

Thursday, October 4

No meeting

Thursday, October 11

Stunning mushroom photography by Taylor Lockwood. Check for change in venue.

Forays and Events:

August 25: Carmanah Foray. For information contact Bryce Kendrick at (250) 655-5051.

October 12 - 14: Mesachie Lake Foray and Lake Cowichan Salmon/Mushroom Festival.

Prez Sez

By John Dennis

Last meeting we had a great variety of mushrooms to look at and identify. True morels, false morels, *Agrocybe*, *Inocybe*, *Amanita*, *Helvella*, etc. A great spring collection, some easy to identify and others posing a challenge even for the experts with their microscopes. We also had awesome goodies during the break and raffled off 2 bottles of mead.

Is the morel season over, at least on lower Vancouver Island? The SVIMS President only found a half dozen morels this season. Okay, he only found 1. The people he was with found the other five. They are hard to find aren't they? If you are planning to travel in B.C., be sure to keep looking. Spring comes to different parts of the province at varying times. Elevation makes a difference also. Has anybody found morels on the Coquihalla? Maybe morels could be found there year round. It always seems to be spring there.

What mushrooms are next? Come to the June SVIMS meeting and find out (or look at the article below by Dr. Michael Beug). Before the coffee break, I'll show some slides of mushrooms that we should be looking for right now. Spotted already were really large tasty *Agaricus* and lots of *Marasmius*! Yumm! There are other mushrooms that should be coming up after those summer rains we are going to get. Find out what to look for and where.

I will also be making a presentation on mushroom toxins. It won't be too technical. I'm not a chemist, toxicologist or expert on the subject. It will be a layman's overview with photographs of which mushrooms to avoid. Anybody who picks and eats wild mushrooms should know these poisonous ones. As a matter of fact you must know some; for instance, *Amanita phalloides* and *Amanita pantherina*. I found over 40 death caps last year and there are always lots of Panther agarics around. They are pretty easy to identify. Almost as easy as chanterelles. Just don't eat them!

Other things to learn are the poisoning symptoms relating to a particular group of mushrooms. I became sick late in the evening after one of our meetings. I had been smelling and handling lots of the false morels (*Gyromitra esculenta*) brought in by members and did not wash my hands before eating goodies during the break. A bad habit and I should know better. Initially, cramps, bloating, nausea and diarrhea made me think that I might have poisoned myself. However, there was a lack of some *Gyromitra* symptoms. When more stomach flu symptoms showed up, I knew that I really had a flu rather than mushroom poisoning. It seems silly now, but I was really glad I knew what symptoms to look for.

As usual, bring any mushrooms you find to the next meeting, so we can learn what is fruiting at this time of year. It is the last meeting until fall, so don't miss it!

Mushroom jewellery on-line

Submitted by Jean Johnson

www.nbizz.com/robbrucker/upload/bob1

For mycophiles who are luckier with money than they are finding morels, check out the web site on silver morel and golden (literally) chanterelle pendants.

Other mushroom jewellery on-line

By Shannon Berch

<http://www.ripple.org/glass/jewel/iras1.htm>

Inspired by the item on mushroom jewellery submitted by Jean, I took a quick tour on the web of other mushroom-related arts and crafts sites. The one above is for a

company in Australia making ripple glass with embedded mushrooms.

The one below is for a company in Nova Scotia making ceramic mushrooms.

<http://www3.ns.sympatico.ca/almododi/lorenzen/home.htm>

If you know of other sites please let me know.

Upcoming mushroom forays and conferences abroad

Compiled by Shannon Berch

If you are interested in any of the following events and do not have email, contact me for further information.

Traveling to Wales this fall? These two-day breaks are for mushroom-novices with a love of good food. They will be held in early autumn at the height of the edible mushroom season. Variable weather means it is impossible to guarantee results, but at least some of the following should be found: porcini (ceps); bay -, orange birch - and larch boletes; shaggy ink caps; parasols; chanterelles; blewits; fairy ring champignons; oyster mushrooms; cauliflower and beefsteak fungus.

<http://www.raptor-rambles.co.uk/mushrooms.html>

Mycophiles looking for off-beat foray adventures will want to check out an event organized by Mexican Mushroom Tours (MMT) in the tiny central Mexican state of Tlaxcala, known widely as "the mushroom capital of Mexico." Scheduled to run from August 27 to September 2, the tour is MMT's second annual foray in the state.

<http://www.fungifest.com/article1029.html>

Don't miss the Spokane Mushroom Club's Annual Priest Lake Foray in September at Hill's Resort. The registration fee of \$35 includes a Friday night program, the Saturday foray, a banquet Saturday night, a Saturday evening program and a Sunday morning 'walk around' discussing the mushrooms collected on the foray. The foray is a great opportunity to learn about the regional mushrooms, maybe collect some choice edibles, and meet new friends.

<http://mycology.wsu.edu/mushroom/forays.htm>

Gourmet / Medicinal Mushroom Conference,
Franschhoek, South Africa, June 7-10, 2001

The educational conference will be held in Franschhoek, a picturesque village surrounded by the timeless beauty of the imposing Franschhoek Mountains. Franschhoek is well known for the excellence of its wine and restaurants. Its reputation as the Cape Culinary Capital is well deserved. International mushroom experts will present papers and workshops at the conference. Major consideration will be given to the cultivation of diverse gourmet mushroom species (wild food mushrooms), with an emphasis on the practical principles and production techniques. Nutraceutical and medicinal mushrooms (mycomedicinals) will also be discussed. The late autumn climate in Franschhoek (winter rainfall region) is excellent for mushroom hunting. Forays will be held in the surrounding mountains to collect and identify edible and poisonous mushroom species. Franschhoek is located in the Cape Province, about 80 kilometers (an hour's drive) from the city of Cape Town. The area is accessible by air (Cape Town International Airport). The conference will be held in conjunction with a mushroom festival.

<http://www.mushroom.agric.za>

Morels, truffles and other spring mushrooms

By Dr. Michael W. Beug, The Evergreen State College, Olympia WA

<http://www.evergreen.edu/user/library/tesce/mushroom/mts/m/mtsm.htm>

My thoughts first turn to Spring mushrooming when the cottonwoods start to leaf out and release their delightful Spring scents. Along the riverbanks and in other moist areas I begin my hunt for the elusive and well-camouflaged early morels, *Verpa bohemica*. When I see my first one, I crouch and look closely for others hidden near-by because they usually appear in groups.

Verpa bohemica, not a true morel at all, is characterized by a wrinkled cap hanging like a skirt from the top of an often

6" tall whitish stem. The stem is hollow and stuffed with a cottony material. *Verpa bohemica* is a good edible when cooked and eaten in moderation. It may even help alleviate the symptoms of arthritis. **However, when eaten in quantity or for several days in a row, it can cause a scary loss of muscular coordination. (!)**

Verpa conica, the Bell Morel, is distinguished by having a smooth cap hanging like a skirt from the top of the stem. It is a small mushroom, rarely found in abundance and so not often eaten. I found one large fruiting in April under wild cherry trees and since there were not many reports on its edibility, **I tried it out on a class. Everyone enjoyed it and no one got sick, so I can report with some confidence that it is a good edible. (!)**

Editor's note: This is the text from the first 3 slides of an on-line slide show found at the site listed above. Always be careful when eating mushrooms collected from the wilds. Be sure they are identified correctly. Be sure to try only small amounts at first.

Also included in this web site are pictures and discussion of the following spring fruiting fungi:

Albatrellus ellisii or *Scutigera ellisii*

Albatrellus flettii

Albatrellus ovinus

Alpova diplophloeus

Amanita ocreata

Amanita pantherina

Boletus edulis

Calbovista subsculpta

Caloscypha fulgens

Calvatia booniana

Calvatia fumosa

Calvatia sculpta

Calvatia subcretacea

Ciboria rufofusca

Clavicornia pyxidata

Cortinarius bigelowii

Crepidotus mollis

Discina perlata

Disciotis venosa

Elaphomyces granulatus

Flammulina velutipes

Gyromitra californica
Gyromitra esculenta
Gyromitra gigas
Gyromitra melaleucoides
Helvella leucomeleana
Hydnotrya
Hygrophorus purpurascens
Hygrophorus subalpinus
Hysterangium coreaceum
Leccinum holopus
Leccinum insigne
Lentinellus montanus
Leucophleps magnata
Morchella atrotomentosa
Morchella crassipes
Morchella deliciosa
Morchella elata
Morchella esculenta
Neourmula pouchettii
Otidea onotica
Peziza repanda
Peziza vesiculosa
Plectania nannfeldtii
Pleurotus ostreatus
Ramaria coulterae
Ramaria magnipes
Ramaria rubrievanescens
Ramaria rubripermanens
Ramaria vinosimaculans
Rhizopogon ellenae
Rhizopogon occidentalis
Rhizopogon vulgaris
Sarcoscypha coccinea
Sarcosoma mexicana
Sarcosphaera crassa
Scutellina scutellata
Tarzetta cupularis
Truncocolumella citrina
Verpa bohemica
Verpa conica

Fungus jokes

Did you hear about the fungus and the alga?
They took a lichen to each other.

Q. What did the zoospore say as it was leaving the zoosporangium?
A. "After you, I encyst!"

Said mycologist Linda, verbatim,
"When it comes to the earth stars, I hate 'em"
When asked by her master
To key a Geaster
She growled out a curse, "fornicatum!"

Mushroom Paté

Ingredients:

1 lb. white mushrooms
 1 lb. Portobello mushrooms
 1 tsp. Amaretto liqueur
 pinch cinnamon
 pinch turmeric
 pinch paprika
 1/2 cup light mayonnaise
 Tabasco sauce
 2 cloves garlic, mashed
 1 scallion chopped

1. Combine mayonnaise, garlic, scallions, and 3-4 drops of Tabasco in small bowl. Set aside to let the flavours come together.

2. Dice or chop mushrooms. In a larger bowl, mix mushrooms and mayo mixture. Add spices, liqueur, and pepper to taste.

3. Set in refrigerator for 1 or more hours to let flavors mingle.

4. Serve molded to shape or in bowl.

SVIMS web site

Check out the SVIMS **web site** at www.svims.ca. Many thanks to Web Meister Rob Countess! Please give feedback on the web site to Rob.

You can now pick up **Fungifama** from the web site.

Have a terrific summer!

Membership News

We welcome new SVIMS member Tom Burgess.