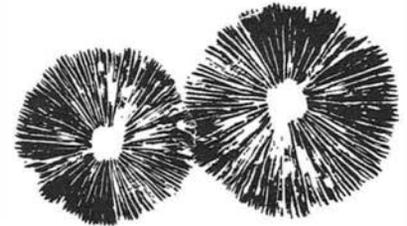


# SPORE PRINTS



BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY

Number 275

October 1991

## 1991 ANNUAL EXHIBIT

Lynn Phillips

Everything seems to be under way and under control for this year's exhibit. We want to thank all of you who, at the September meeting and later, signed up with such enthusiasm to help with all the committees and took posters to hang. You are the ones who make this show possible, and your support and help are so welcomed by the committee chairs. But back to business. We still have a lot of work ahead.

First of all, you should all have your posters displayed somewhere by now: in the Puget Sound area, the islands, the peninsula, or eastern Washington. The posters are one of our best publicity sources, so, if you have any left, please hang 'em high as soon as possible.

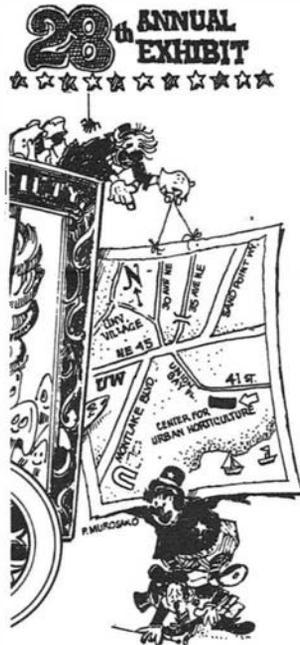
Next, and probably most importantly, we need mushroom collectors to go out into the forest and fields, parks, and yards to get specimens on Thursday and Friday before the exhibit. Russ Kurtz is Collecting Chair, so call him if you need information about how to collect for the exhibit, where to look, or coordinating carpools. Good edibles are also needed — picked cleanly and bagged separately — for the cooking and tasting demonstrations.

Another area you don't want to forget is the kitchen. Each day you work you should bring a potluck casserole, salad, snack, dessert, etc., with heating instructions if necessary, so we can all have meals and munchies between shifts.

And last, but never least, most committees still need some help, and some committees need even more. It's never too late to volunteer, and we do need all of you to help. The construction and set-up crew need more bodies and a truck or two on Friday. Parking attendants, greeters, ticket takers, and book sellers all need volunteers. And if you have knowledge of or interest in "other uses of fungi," Carol Smith needs input and ideas. That includes dyeing with lichens, using yeasts in wine, beer, and sourdough, using fungi in medicine, etc.

There will be sign-up sheets for the various committees at the October meeting, or you can call the chair directly to offer your help. The committees were listed in the September *Spore Prints* except for a few which were inadvertently omitted:

Conservation & Ecology	Ron Post	362-4374
Greeters	Margo Harrison	932-1612
Tray Tours	Dan Schwenk	481-9009
Signage	Marilyn Droeger	634-0394



## THE 20 YEAR MUSHROOM

Dick Sieger

Every 20 years or so we find a *Laetiporus sulphureus* delicious enough to be ranked with the finest edibles. The entire polypore has a texture like cheese, and all of it can be eaten. In the intervening 19 years, only the margin is tender enough to chew, and it is just like the wood substrate — dry, tough, and tasteless.

We found our first good one while on a canoe trip in the back country of northern British Columbia. Agnes spotted its orange and gold fruiting body growing like a colorful flower on a tree near the shore. We ate some pleasantly acid flesh immediately and had the rest for dinner. New to mushrooming, we didn't realize that raw *L. sulphureus* should be avoided, especially when one is days away from medical care; fortunately, we had beginner's luck. Because of its beauty, we had left half the fruiting body on the tree, and the next day its size had doubled.

Bright orange to yellow, *Laetiporus sulphureus* is an easily recognized fall polypore. Its overlapping, fan-shaped basidiocarps grow on dead trees, conifer or hardwood, standing or fallen. Occasionally it will infect wounds on living trees. Its spore-bearing tubes are yellow or (rarely) white. The fungus fades with age, becoming white and crumbly by morel season. Gastrointestinal distress following consumption of *L. sulphureus* is not uncommon. Some people are sensitive to it, and others become sensitive.



Premium quality depends on rapid growth and youth. If the mushroom scarcely changes from day to day, it will provide indifferent fare. In that condition, only the outer edges are suitable for the table. They should be stewed for a long time with flavorful ingredients to tenderize, mask the dry texture, and

add some flavor. You might try a sauce of whole tomatoes, onion, bell pepper, green olives, and Tabasco, but the dish will be far better if you substitute some browned lamb shanks for the mushrooms. If you find one of those rare premium fruitings, prepare a simple dish because it won't need any help. It will have a fine mushroom flavor and a texture resembling chicken.

A few weeks ago we found our second premium *L. sulphureus* in the Dalles Forest Camp. It made a fine dinner and reminded us of our first one. For a few minutes, we were 20 years younger.

## CALLING ALL LIBRARY BOOKS

Elizabeth Hendricks

The PSMS library is being cataloged and upgraded. Please return all outstanding library books immediately. If unable to return them by the general membership meeting on October 8th, call either Bill Bridges at 838-6378 or Elizabeth Hendricks at 284-2164.

# Spore Prints

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**PUGET SOUND MYCOLOGICAL SOCIETY**  
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## CALENDAR

- Oct. 5 Squire Creek field trip
- Oct. 7 Intermediate class, 7:00 p.m., CUH
- Oct. 8 Membership meeting, 7:30 p.m., CUH
- Oct. 12 Masonic Park field trip  
Joint field trip with The Mountaineers
- Oct. 14 Intermediate class, 7:00 p.m., CUH  
Board meeting, 7:30 p.m., CUH
- Oct. 19 Annual Exhibit, 12:00-8:00 p.m., CUH
- Oct. 20 Annual Exhibit, 10:00 a.m.-6:00 p.m., CUH
- Oct. 21 Intermediate class, 7:00 p.m., CUH
- Oct. 25 *Spore Prints* deadline
- Oct. 26 Twanoh State Park field trip
- Oct. 28 Intermediate class, 7:00 p.m., CUH
- Nov. 12 Membership meeting, 7:30 p.m., CUH

## CONFERENCES AND FORAYS

**Wild Mushrooms '91:** 9th Annual Mycology Conference, Breitenbush Hot Springs, October 31 - November 8. For information, write Breitenbush Hot Springs Retreat and Conference Center, P.O. Box 578, Detroit, OR 97342 or call (503) 854-3314.

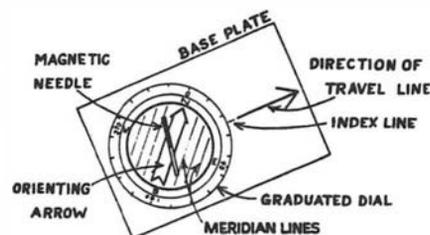
**Biology and Management of Wild, Edible Mushrooms in Pacific Northwest Forests:** October 29 and 30, Eugene, Oregon. One day will be devoted to scientific aspects and one to amateur concerns. For more information, call the conference assistant, (503) 737-2329.

**Oregon Mycological Society Fall Foray:** November 8-10, Camp Tapawingo, 30 miles west of Salem, Oregon, on the Luckiamute River. Call Dick Sieger, 362-6860, for details.

## Membership Meeting

Tuesday, October 8, 1991, 7:30 p.m., Center for Urban Horticulture, 3501 N.E. 41st Street, Seattle

When asked whether he'd ever been lost, Daniel Boone is said to have replied that, although he had never been lost, he had once been mighty confused for 3 days.

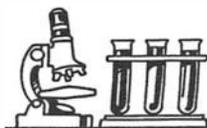


Whether you've ever been lost, or just a little confused, while out chasing after your favorite mushrooms, you won't want to miss Bob Burn's presentation. Bob has been teaching orienteering in the Seattle area for more than 10 years to groups like REI and the Mountaineers. You might like to bring your compass and a topog. map.

Members with last names beginning E - H are asked to bring a plate of refreshments for the social hour.

## CULTIVATION GROUP

Louis Poncz

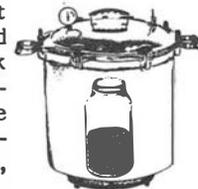


The cultivation club met on September 15 at the home of Sal and Evelyn Mineo for the first meeting of this season. Sal and Evelyn showed their outdoor bed for growing wine-cap mushrooms, *Stropharia rugosoannulata*, and the results of their effort at growing shiitake mushrooms during the past year.

Several important items of business were concluded. First, elections were held, and Sondra Shira and Rod Myers share the responsibilities of chairperson. Louis Poncz is the recording and corresponding secretary, and Pierrette Simonin is the treasurer. Second, three committees were formed, which will meet to fine tune the activities for the Cultivation's Group's exhibit at the 28th Annual Wild Mushroom Show, to develop a program for the monthly meetings for the coming year, and to develop a program for an upcoming weekend workshop. The workshop will probably take place during the dull, dreary month of January, and the nuts and bolts techniques of growing mushrooms at home will be taught and demonstrated. This workshop is open to all paid-up PSMS members. Last year, Walter and Lori Knox and Bill Bridges did most of the work of the group. This year the goal is to spread the organizational work and to disseminate the techniques and materials for mushroom cultivation to all the active participants in the Cultivation Group.

Both oldtimers and newcomers attended the meeting. The veterans and semiveterans discussed their experiences, and the newcomers aired their wish list. The meeting was concluded with the usual fantastic potluck.

All those who would like to join any or all of the committees or learn about the group should attend the next meeting, which will be held Sunday, October 6, at noon at the home Emilio Fonzo, 7048 34th Ave. N.E., in Seattle. RSVP by calling Emilio at 524-7743 if you would like to attend the meeting and partake in the potluck that follows immediately. If you cannot attend the meeting but would like more information about the annual exhibit, call Sondra, 227-9489, or Rod, 486-1513.



## FALL FIELD TRIPS

Mary Lynch



A reminder for newcomers: Bring a basket, knife, brush, compass, water, lunch, whistle, outdoor clothes (wool or polypro), hiking shoes, and friends. Foray leaders go out from 9:00-11:00 a.m. Identification is from noon till 4:00 p.m. The potluck is at 4:00 p.m. (Bring a dish for six or more, bread, or drink to share.) Hosts/hostesses are still needed for each weekend. Please call Mary Lynch, 391-5379, to help out. We will schedule forays for November if we get leaders or hosts. New members are encouraged to host so you can meet more members. It need not be a full day's commitment. You will get in some hunting time and be shown some secret spots. Members attending the later hunts, please bring along a canteen if you can or some wood.



### October 12

#### Masonic Park

(elev. 400 ft, 45 miles NE of Seattle)

From Snohomish, take State Highway 9 north to State Highway 92. Follow that east through Granite Falls. Four miles east of Granite Falls, turn left at the sign for the park. This is a private park for Masons and their guests (that's us). For day use, they charge \$1.00 per person per day. Camping is available at \$3.00 per person per night. Please remember that the park opens at 8:30 p.m. and closes at 6:00 p.m. (It will not be open to PSMS Friday.)

### October 26

#### Twanoh State Park

(elev. low, 20 miles SW of Seattle by ferry)

Take the downtown Seattle-Bremerton ferry. From Bremerton, drive south on State Highway 304 to Highway 3. Continue south on Highway 3 past Belfair, then bear left onto Highway 106 and continue another 7 miles to the park. Alternate routes involve driving south on I-5 to Tacoma and crossing the Narrows Bridge or driving farther south through Olympia and Shelton. This will add 60 or 80 miles to the drive. Twanoh State Park is located on the south side of Hood Canal between Belfair and Union.

## CRYSTAL SPRINGS FIELD TRIP

Mary Lynch

The first foray of the year was fruitful, fun, and sunny. Thanks go to our host and foray leaders Sheila Parr, Theresa and Doug Ward, and Gary Gilbert. The identifiers — Sarah Clark, Larry Baxter, Brian Luther, and Dick Sieger — were left at their table, heads buried in mushrooms. Ninety-two species were found despite the dry ground.

## BOARD NEWS

Agnes Sieger

Ron Post is replacing Margaret Dilly as head of the Conservation and Ecology Committee. Sondra Shira and Rod Myers are the new co-chairs of the Cultivation Group. Elizabeth Hendricks is looking for a new chair for book sales. We also need a banquet chair for next spring. Elizabeth reports that we are printing new sweatshirts for the Exhibit. The design is based on this year's poster. A member has volunteered to do the artwork to avoid setup charges. The outdoor groups Elizabeth has contacted have agreed to run PSMS Exhibit plugs in their newsletters. In return, Steve Trudell has volunteered to do a 1 hour slide show for the Audubon Society, which would also like to hold a joint

field trip, perhaps next spring. Steve Trudell was appointed PSMS representative to the North America Mycological Association. Dennis Bowman has tentatively reserved Fort Worden for the 1993 NAMA foray. Before officially committing the club (and a new board) to such a large undertaking, Kern will seek approval from the general membership.

Margaret Dilly, Maggie Rogers, and Dr. Ammirati will talk at the mushroom management conference to be held October 29 and 30 in Eugene, Oregon. The Olympic, Wenatchee, and Mt. Baker-Snoqualmie national forests (and perhaps others) now require mushroom permits, which can be picked up at any ranger station.

## MEET THE MUROSAKOS

Inga Wilcox



Featured this month are Pat and Sue Murosako. The year 1986 brought Pat and Sue to Seattle from Los Angeles. Sue noticed an article about PSMS in *Sunset* magazine, and they both joined in 1987. Sue remembers hunting for meadow mushrooms with her mother and later tracking down oyster mushrooms with Pat in Fresno County.

Now they are confirmed mushroomers, adding this activity to fishing and reading, which they both share. Sue adds mushroom cultivation (an extension of gardening) and basketry to her interests, while Pat enjoys painting and swordsmanship. In California, Pat worked as art director of one of the largest independent advertising agencies on the West Coast. This background led him to develop an unusual and fresh art form. He uses three-dimensional, molded styrofoam shapes which he turns into abstract, as well as traditional, Oriental pieces, painting them in bright hues or soft pastels. Some of his pieces evoke a smile, others are more poignant. He has a showing at the Golden Gallery in Snohomish just now. Pat also is an expert swordsman, a true Sensei who holds high ranks in both Kendo and Iado, a skill he developed over 30 years and for which he is recognized along the West Coast.

Pat and Sue enjoy forays for the friendliness and camaraderie of the group. They have hosted outings, enjoy picking matsutake and oyster mushrooms, and are eager to learn to identify more species of fungi. Should you ever find yourself in the same area where Pat and Sue are picking, STAND BACK! Pat may just deftly remove his favored mushrooms from their stems using one of his long swords.

## HOW TO GET LOST IN THE WOODS

Harley Barnhart

[Spores & Stipes, North Idaho Mycological Assn.]

This is bound to come out anyway, so your editor, an old (very old) backpacker and a graduate of two Air Force survival schools, herewith confesses to having become thoroughly lost in the Maine woods during the Northeast Mycological Foray. How could this happen? Just follow these handy instructions: (1) Don't study a map of the area; just get on a bus with some other mushroomers for a field trip. (2) Don't check directions before entering the woods; after all, you're only going a couple of hundred yards. (3) Don't stay with at least one companion, who might have a better idea of direction (and help you out if you break a leg). (4) When you get a bit unsure of your precise position, take out the compass and follow it in a wrong direction. In sum, a half hour of stupidity beats a life of learning every time!

**"YUMM," SAID THE POLICE CHIEF** Paul Kroeger  
[© 1991, *Mushroom*, *The Journal of Wild Mushrooming*\*]

On June 8 one of the best hotels in Vancouver, British Columbia, hosted a retirement banquet for the city's chief of police. Much of the police force, some local dignitaries, and many spouses attended — in all, 483.

After pre-dinner drinks, the first course was served, an exotic pasta salad. The salad was made with three pastas prepared by the hotel: egg fettucini, egg fettucini with spinach powder, and black fettucini with squid ink. These were mixed cold with raw mushrooms marinated in soy sauce, oyster sauce, sambal sauce, sesame oil, and honey with minced garlic and ginger. Yumm.

The raw mushrooms used were *Agaricus brunnescens*, *Lentinus edodes* (both fresh and rehydrated), *Morchella angusticeps*, and *Morchella esculenta*.

Yes, raw morels. Yes, this was a poisoning incident. Of the 483 people present, at least 77 experienced symptoms. The symptoms were for the most part what you would expect from raw morel poisoning, but the numbers involved were interesting.

First, roughly 16% were affected. The amount of morels in each portion was small. Only one person required hospitalization; his wife wouldn't eat mushrooms, so he ate two portions. He was given antinausea drugs, treated for dehydration, and released the next morning.

Twenty-four of the victims were surveyed. About half reported having consumed alcoholic beverages.

Twenty of the 24 reported nausea: average onset 20 minutes, range 15 – 30 minutes.

Sixteen reported diarrhea: average onset 6½ hours, range 20 minutes – 13 hours.

Twelve reported vomiting: average onset 33 minutes, range 20 minutes – 1 hour.

Seven reported cramps, four reported a rapid and severe sensation of bloating, and two reported a hives-like rash.

Other symptoms reported were warmth, intense thirst, clamminess, and numbness of the tongue.

Foods involved in the meal were sent to various labs for analysis, but no extraordinary bacterial or other causes for the poisoning could be identified. The mushrooms were the prime suspects. Material was sent to Dr. R.J. Bandoni and Dr. Scott Redhead.

The morels had been purchased fresh in May by the hotel and frozen for later use. Dr. Bandoni commented that they appeared sound and fresh, with no deterioration evident.

What can we learn from this event? All well-informed mushroomers know that you don't

- serve raw morels
- serve morels with alcohol
- serve wild mushrooms without the eater's knowledge.

It is interesting to note that one of the first victims affected was the city health officer. The staff of the hotel now are understandably timid about serving morels, and they have hundreds of pounds stored indefinitely in their freezer.

I believe this may be the largest mass mushroom poisoning ever to occur in North America. It certainly provides a valuable opportunity to measure the percentage of people sensitive to raw morels and the range of the symptoms.

Now that the experiment has been conducted, let's not repeat it.

*\*Issued quarterly; subscriptions \$16 for one year, \$28 for two years, or \$39 for three years; mail inquiries to Box 3156 University Station, Moscow, ID 83843.*

We are sad to announce the death of PSMS member Morley McCall of Port Angeles on August 9. Our condolences to her family.

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