

Fungifama



The Newsletter of the Southern Vancouver Island Mycological Society
October 2000 Volume 8.2

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Dues: \$15.00 per year per household, payable in January by cheque payable 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 door. Non-members welcome. Bring some of your baked goods or other yummys to munch.

Monthly Meetings:

Thursday, October 5. "Jelly yeasts" presented by Dr. Bob Bandoni, recently retired professor of mycology in the Department of Botany, UBC. World authority on jelly fungi and author of: Bandoni, R.J. and A.F. Szczawinski. 1976. Guide to common mushrooms of British Columbia. B.C. Provincial Museum Handbook 24. Victoria. 242 pp.

Thursday, November 2. Mushroom Madness. Organized by Shannon Berch and Rob Countess, this is an evening dedicated to the identification of mushrooms. Bring in mushrooms that you find and we will work as a group to identify them. We will have microscopes, field guides, and the experience of the whole group at hand.

Events this fall:

October 13/14/15: Schmok Foray, Vancouver Mycological Society. The foray this year is located at near Golden Ears Park

at Woodlot 007, BCIT Forestry Society, 28101 Dewdney Trunk Road, Maple Ridge. Organized by Heather Sterling, (604) 462-0695, who can provide driving instructions and other details. David Tamblyn (604) 521-4318) is collecting the registration fee of only \$30 for accommodation and food for the entire weekend. Arrive on Friday evening, have breakfast lunch and dinner on Saturday, breakfast and lunch on Sunday prepared for you by VMS members. Accommodations include two big teepees and a large indoor space where you can spread your sleeping bag. Be aware that there is only one shower, so think clean! In addition to the wonderful mushrooming terrain, the BCIT Forestry Society offers a guided tour of the forest canopy for only \$20. To book a canopy tour, talk with Heather.

October 14 noon to 8 pm / **October 15** 10 am to 6 pm. **2000 Wild Mushroom Show,** Puget Sound Mycological Society. Sand Point Magnuson Park, 7400 Sand Point Way N. E., Seattle.

October 15: Mushroom Show, Northwest Mushroomers Association, Bellingham, WA.

October 20-22: SVIMS Mesachie Lake Foray, Cowichan Lake Research Station. Arrive Friday evening. Accommodation and meals for the entire weekend cost \$95 and include 2 nights accommodation, breakfast, lunch and dinner on Saturday, and breakfast on Sunday. Food is prepared by Al, camp cook extraordinaire. Accommodation is in a bunkhouse with rooms housing two single beds. Bring your own towels. Maps will be available at the October meeting. Contact Shannon Berch (652-5201) for details and to reserve your place by October 9.

October 22: Fall mushroom show, VMS, Van Dusen Garden, Vancouver.

October 26-28: Breitenbush Mushroom Event, Oregon. <http://www.breitenbush.com/>

November 4/5: SVIMS Swan Lake Nature Centre Mushroom Show, Victoria. Contact Bryce Kendrick (655-5051) or Richard Winder (642-7528).

November 11: SVIMS/HCP foray, at the Horticulture Centre of the Pacific. Contact Shannon Berch (652-5201).

Prez Sez

By Bryce Kendrick

I have just returned from a combined Pacific Northwest Key Council and Spokane Mushroom Club foray at Priest Lake, Idaho. This locale was over 1200 km east of here, but after collecting in the beautiful mixed old-growth forest there and finding more matsutake (*Tricholoma magnivelare*) than I have ever seen in my life; having seen and photographed many species new to me (which will find their way onto Ian Gibson's Matchmaker); having spent time with mycologists from several states; having swum in Priest Lake (cold) and Osoyoos Lake (cold); and having enjoyed beautiful scenery along Highway 20 in Washington and Highway 3 in BC, I'd say the experience was very worthwhile.

Soon, you will all have a chance to enjoy a similar experience, without the 1200 km drive, when we hold our Mesachie Lake Foray on Cowichan Lake, west of Duncan. I know from previous visits that the food is excellent and copious, the accommodations comfortable, the company good, the surroundings beautiful, and the fungi diverse and numerous. Plan to join us there. Professionals will be on hand to help beginners, and long hikes through the woods may keep your weight gain down to a couple of kilograms.

It will be a true mycological highlight of the year! I hope to see you there.

Labour Day Foray Report

By Richard Winder

It was a fantastic day for a foray. Only two people went to the foray, and 7 came to the barbecue, but the weather was nice, and some edible mushrooms (chanterelles, angel wings) were found and cooked. The chanterelles flambé set off the smoke detector, but they were very nice.

List of fungi found on September 4, 2000, at China Beach and points west:

Baeospora sp.?
Boletus edulis
Boletus coniferarum
Boletus piperatus
Cantharellus formosus
Cantharellus infundibuliformis
Chroogomphus tomentosus
Clavulina cinerarea
Clavulina cristata
Collybia sp.
Collybia dryophila
Cortinarius spp.
Cortinarius alboviolaceus
Gomphus floccosus
Hypholoma dispersum
Hypholoma fasciculare
Inocybe spp.
Inocybe calamastrata
Lactarius deliciosus
Lactarius fallax
Lactarius hepaticus
Lactarius mucidus
Lactarius scrobiculatus
Mycena hematopus
Phaeolus schweinitzii
Pleurocybella porrigens
Polyporus badius
Ramaria sp.
Ramaria araiospora grp.
Russula cremoricolor
Russula cyanoxantha
Russula fragilis
Russula nigricans
Russula xerampalina
Xerompalina campanella

Shrimp and chicken coconut lemon soup.

By Renata Outerbridge, SVIMS

Here is my recipe. I more or less combined my two favourite Thai soups: coconut chicken & lemon shrimp.

Ingredients:

4 cups of chicken stock (with salt, to taste)
2 Tbsp. of lemon or lime juice
2 pieces of dried galanga root (type of ginger)
few tender stems of lemon grass, chopped
fresh, dried, or pickled hot peppers, to taste (I use 1 tsp. fresh)
1 Tbsp. of oyster or fish sauce (available in Asian stores)

- 1) Combine and bring the above to boil.
- 2) Add 1/2 pound of cubed boneless and skinless chicken.
- 3) Add 1/2 cup of enoki, or canned straw mushrooms.
- 4) Add 1/2 pound of fresh peeled prawns.
- 5) Simmer for 5 minutes.
- 6) Take the pot off the heat.
- 7) Mix in, while stirring, 1 cup of coconut milk.
- 8) Add generous amount of chopped fresh coriander.
- 9) Serve hot (in coconut shells?), over a small amount of your favourite kind of pasta (I use broken up spaghetti).

The soup should taste slightly salty, but mostly "coconuty" - sour, then surprise you with the heat of the peppers. If the soup curdles when you add the coconut milk, reduce the amount of lemon juice.

Lepiota Caps Stuffed with Tofu and Pine Nuts

Robert Rich 's Wild Mushroom Cookbook
<http://www.amoeba.com/mslepracho.html>

Lepiota rachodes is especially well suited for stuffing, for several reasons. It has a mild flavor that complements and blends well with the juices from the stuffing. It grows large enough that the young round caps can hold enough to make a meal. It has a firm texture with low moisture, giving it a good

structure for stuffing. Lastly, it rarely has any bugs, so you don't have to feel nervous about serving an entire cap. If you can't find *Lepiota*, you can substitute any large young agaricus (except perhaps *augustus* whose almondy flavor might not blend well with the stuffing.) If it's the wrong time of year, you can use the large brown *Agaricus bisporus* sold in stores as "Portobello."

Ingredients:

5 large young *Lepiota rachodes* (still closed or barely open)
8 oz. firm tofu
2 Tbsp. pine nuts, chopped
2 Tbsp. green onions, chopped
2 Tbsp. romano or parmesan cheese, grated
2 cloves garlic, minced
2 tsp. olive oil
1 tsp. oregano
1 tsp. fresh ground pepper (to taste)
dash of salt (to taste)
sprig of fresh parsley (chopped) - optional

- 1) Clean the mushrooms with a brush or dry sponge, using minimum water.
- 2) Carefully remove the stems and set the caps aside to be stuffed later.
- 3) Chop the stems finely and sauté for 5-10 minutes on low heat, without oil, to soften and reduce moisture.
- 5) Place the cooked stem pieces into a mixing bowl and mash together with the remaining ingredients.
- 6) Spoon the mixture into the mushroom caps.
- 7) Place the filled caps, open side up, onto a lightly oiled cookie sheet.
- 8) Cook for 35-40 minutes at 300°F in a preheated oven.
- 9) Remove and sprinkle the chopped parsley on the top. Serve immediately.

Variations: You can bulk up the filling by adding cooked rice to the blend, increasing the herbs accordingly. Chopped tomato will add a pleasant acidity to the flavor, but at the risk of overpowering the mushroom. Chopped black olives will add a savory tannic twist.

Old warriors never die, they just get mouldy

<http://www.lonelyplanet.com/scoop/asi/chi.htm>

Too many tourists have been breathing on China's 2000 year old Terracotta Warriors. Nine kinds of mould have been identified in the pit in Xi'an containing the 7000 terracotta soldiers, buried there to guard Qin Shihuang, China's first emperor. Environmental experts, now monitoring decay and pollution in several of China's biggest tourist sites, attributed the mould to rapidly increasing tourist numbers over the last decade, which have lead to rising indoor temperatures and humidity.

How To Collect Ink Caps

By Kees Uijé, van Dijkstraat 21, 2405 XE Alphen aan den Rijn, The Netherlands

Steve Lomas is thanked for translating the text into English for me

<http://www.homepages.hetnet.nl/~idakees/index.html>

Ink caps are mushrooms that don't allow themselves to be studied by just anybody. They will not afford much pleasure to a superficial mycologist. There are a few species, such as the Magpie Fungus, the Shaggy Ink Cap and the Fairies' Bonnets, which can easily be determined in the field, so as to give people a start and not to discourage enthusiastic beginners right at the outset. The majority, however, require microscopic investigation. But once under the microscope they will usually yield a number of easily recognisable characteristics by which they can be identified. But things will not be made easy for you. In addition to the fact that Ink Caps like microscopes, they also like serious and enthusiastic people to study them so that they don't get wrongly named. To achieve this they invented their deliquescing trick. An Ink Cap which is plucked and just put carelessly into a collecting-box will never allow itself to be examined. By the time you get home it will have deliquesced – turned to ink. The true researcher will therefore try to give the Ink Cap the care it deserves. This will be rewarded by perfect Ink Caps on the worktable.

As not everybody knows how to treat Ink Caps they have asked me – they know me well – to give a few hints.

Collecting Ink Caps and getting them home in good condition is not so easy, as already said. The mushrooms must be perfect and preferably have reached the right stage of development. If the material is not fully developed we can allow it to ripen. The best stage for study is just before the cap fully opens. There will then be ripe spores present on parts of the gills that are already turning inky. In addition, some of the gills will still be perfect and richly endowed with other characteristics so important for our investigation, such as cystidia, etc. To achieve this we must collect Ink Caps when they are young, and with care. There are a number of methods.

The simplest way, especially for the larger varieties, is to collect young specimens that are just beginning to open. Completely closed fruit bodies can also be collected, if they have reached roughly their maximum size. The height of the cap is then about half that of fully-grown, completely opened specimens. If they are too young they will not develop further enough. The material must be packed with soft vegetable material, such as leaves or moss, to prevent it moving about inside the box and getting damaged. If the material is very moist, which is often the case in wet weather, it is better to use drier packing such as kitchen paper. Besides young fruit bodies, an older specimen should also be collected for ripe spores and the maximum dimensions of the cap. For the largest varieties, a 'slice of cake' section of the cap will suffice. Not too large, because it is the larger species which make such a slimy mess when we collect old examples. It is best to note a number of external characteristics on site; in all cases the data concerning the site: biotope (deciduous or coniferous woods), substrate (wood, dung, etc.) the greatest dimensions of cap and stem, colours, but try above all to ascertain with the help of a magnifying glass if there is any velum present on the cap. Especially in some species in the subsection

Setulosi these vestiges may be a residual minimum, which will be difficult or impossible to find at a later stage.

After collection, the development of the fruit bodies continues. The speed of development depends on a number of factors. The wetness of the material, the ambient temperature, and the time between collection and examination will all have an effect on how well it keeps. Naturally, the fruit bodies develop more quickly in warm than in cold surroundings. In cold weather even old specimens will still be reasonably intact after a few hours. If we have material at all stages of development we can allow for the circumstances and take material at the most suitable stage. It is also a question of experience. So collect a lot of Ink Caps!

When we get home after a tiring day's collecting we cannot allow ourselves any rest when Ink Caps are involved. They require immediate attention. Note the macroscopic features first. With species from the *Setulosi* group search carefully with a magnifying glass for any (often minute) remaining scales or hairs of velum on the cap and if any are found, examine them under a microscope. You will not be able to find them later! Other microscopic features can wait and be examined after drying. I assume I do not need to explain that after the preliminary examination the material must be dried immediately.

Another way of collecting is particularly applicable to smaller varieties, up to about 15 mm cap diameter. The best method of conservation in this case is drying with drying powder such as is used to dry flowers (silica gel). This can be purchased in hobby shops, generally in one-litre tins, and is not cheap. When dry it contains blue crystals which lose their colour when the powder becomes too moist. It can then be dried again in an oven or air-drier and the blue crystals then reappear. In this way the powder can be used over and over again.

This method of drying is applied on the spot where the mushrooms are found. You will need a jar with a tightly closing lid, for example a jam jar, filled with drying

powder, some moisture-absorbent paper such as toilet or kitchen paper, and some smaller containers which can be tightly closed, like the plastic canisters used for photo film. We need to take all this with us when we go out on a foray intending to collect Ink Caps. In the field we fold the collection carefully in paper in such a way that the powder does not come into direct contact with the mushroom. We place the packet in the film canister and fill this up to the top with drying powder. We close the lid tightly and when we get home place the canister on the worktable. This is important as otherwise there is a good chance that we will forget it. After about three days the material will be dry and suitable for examination. Of course we must not forget to make the same observations and notes on the spot where we found the mushroom as have been mentioned above.

Finally there is the cultivation method. This is of interest mainly for Ink Caps on solid dung. If we collect a cow-pat or droppings of horse, sheep or rabbit on which Ink Caps grow and place it in a covered plastic box we can sometimes cultivate fruit bodies at home – sometimes for quite a while. We can also take dung without mushrooms. Ink Caps will appear for certain. Which species will be a surprise. The only problem is that we have to prevent everything going mouldy. This always happens after some time with completely covered boxes. Last October I filled a flat, round plastic plant dish with cow dung. I put this in the attic covered with a frame of wooden slats with a transparent plastic sheet stretched over it, at a height of about 5 cm above the dung. There are openings beneath the plastic sheet through which air can circulate. At the end of March I still have six kinds of fresh Ink Caps and some other mushrooms. In this way you can study fresh mushrooms throughout the winter.

As ever more literature concerning *Coprinus* becomes available and with an Ink Cap friend within E-mail distance (for emergencies) I assume that from now on every mycologist will study this group of

mushrooms so that within the foreseeable future every Ink Cap in the world will be known.

Greetings from **Coprientje!**

Mushroom-eating in Denmark

Danish Mycological Society

<http://www.mycosoc.dk/General/Infoeat.htm>

Collecting mushrooms for food has been increasing in popularity during the last decades. Danes are generally speaking not accustomed with this habit and often the interest is initiated by family or friends from countries where collecting mushrooms is a part of the culture. This means that relatively few species are collected in any great scale for eating. Together with the increased collecting of edible mushrooms, so has the amount of mushroom poisonings increased, even with fatal consequences. All known deaths have been caused either by Death Cap (*Amanita phalloides*) or Destroying Angel (*Amanita virosa*).

In 1980 a survey was made among the members of the Danish Mycological Society in order to establish the number of species collected and consumed. Two hundred and nine people replied to the questionnaire. The lists on this page are from the results of this survey, which was published in the journal *Svampe*, Vol. 4, p. 49-58. If you need to refer to these lists, please refer to the original article: *Albertsen, J., H. Knudsen & P. G. Sorensen (1981): Svampespising i Danmark. Svampe 4:49-58.*

The 50 species regarded as the most delicious fungi by the participants, listed from the top down:

Agaricus silvicola
Cantharellus cibarius
Boletus edulis
Agaricus campestris
Agaricus augustus
Russula virescens
Agaricus arvensis
Morchella esculenta
Agaricus bisporus
Agaricus bitorquis
Craterellus cornucopioides

Lactarius volemus
Agaricus haemorrhidarius
Boletus luridus
Russula vesca
Russula xerampelina
Boletus luridiformis (erythropus)
Russula cyanoxantha
Cantharellus tubaeformis
Albatrellus ovinus
Ramaria botrytis
Agaricus macrosporus
Leccinum versipelle
Morchella rimosipes
Tricholoma flavovirens
Boletus badius
Agaricus silvaticus
Lyophyllum decastes
Fistulina hepatica
Pleurotus ostreatus
Hydnum repandum
Tricholoma portentosum
Lepista personata
Lepista nuda
Russula aeruginea
Russula flava
Hygrocybe pratensis
Grifola frondosa
Coprinus comatus
Lactarius deliciosus
Pholiota mutabilis
Suillus luteus
Sparassis crispa
Amanita rubescens
Clitopilus prunulus
Macrolepiota procera
Gomphidius glutinosus
Leccinum scabrum
Suillus granulatus
Lactarius piperatus

Andy Moore's Matsutake Home Page

<http://user.cavenet.com/akmoore/>

Everything you need to know about pine mushroom? Take a look.

Mushrooms galore

Join us for the SVIMS Mesachie Lake Foray, Cowichan Lake Research Station, October 20 - 22. To reserve your place you must contact Shannon Berch, 250-652-5201, before October 9.