

Fungifama



The Newsletter of the South Vancouver Island Mycological Society
October 2001 Volume 9.2

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SVIMS web site: www.svims.ca

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 Meetings:

Thursday, November 1

Sharmin Gamiet, member of SVIMS and VMS, will describe the diversity of mushrooms that she found in different ecological zones of the Greater Vancouver Regional District watershed. Regular meeting at Pacific Forestry Centre.

December - No meeting

Survivors' Banquet

Saturday, January 19, 2002. 6 p.m.

In the Kempster Building at the Horticulture Centre of the Pacific, 505 Quayle Road, Victoria.

What to bring: This is a potluck affair and BYOB, so bring a potluck dish (big enough to serve you and 8 others) and a serving utensil. Mushroom dishes are welcome but not required.

What SVIMS provides: SVIMS provides coffee, tea, plates, cups and flatware. There is a microwave oven for quick re-heating of your culinary contributions. Cards will be provided for you to list the mushrooms or other special features of your culinary masterpieces. Or bring your own card already filled out.

Raffle: As in previous years, part of our entertainment for the evening will include a raffle of silly or sensible items. Please bring along a "gift" that you hope to part with by evening's end.

Entertainment: Jean and Steve Johnson will show us the videotape taken at this years President's Barbeque.

Helping out: Help with set-up by arriving at 5:00 or stay a little late to help clean up afterwards.

Forays and events

Swan Lake Mushroom Show

Sunday, October 28, 10 am – 4 pm

Foray on Saturday to collect mushrooms; be sure to note substrate, wrap specimens individually, and bring to Swan Lake by 6pm. Volunteer Sunday to bring refreshments, help with the kids' table, or just come enjoy the show. Contact Richard Winder for more information (250-642-7528).

SVIMS/HCP foray

Saturday, November 17, 1 – 4 pm

At the Horticulture Centre of the Pacific, 505 Quayle Road. Contact Shannon Berch (250-652-5201).

News from the Vancouver Mycological Society:

Oct. 21 - Annual Mushroom Show in the Vandusen Floral Hall

Oct. 27 - David Tamblin will lead a foray in the Chilliwack River or Hemlock Valley area

Nov. 3 - Paul Kroeger will lead a foray to Roberts Creek

Nov. 11 - Foray led by Terry Taylor - Destination TBA

Check out the **Mushroom Hotline** for up to date information at 604-878-9878 or email David Tamblin at D_Tabmlin@telus.net

Prez Sez

by John Dennis

It's Raining again! It's Raining again! It hasn't rained much since I wrote the September Prez Sez. Mushrooms are coming up, however. For example, many people have brought bags of chanterelles to PFC for identification. I've explained to them how necessary it was for me to examine them overnight to see if they were the Pacific Golden Chanterelle (*Cantharellus formosus*) or the Rainbow Chanterelle (*Cantharellus cibarius* var. *roseocanus*). They wisely didn't trust me, especially when I said it required destructive sampling and they would only get 1/3 of them back.

Oh well, I did taste that wonderful chanterelle and wild rice dish that Richard Winder brought to the "SVIMS President's Banquet". The Winder family was very generous in auctioning off five bags of chanterelles. I'm confident the winners shared their spoils.

I hope everybody had as much fun at the meeting/banquet as Renata and I did. We had over 45 people, so we know what gets the SVIMS members out in force. Thanks to Jean Johnson and Mary Hampson for phoning everybody.

Renata makes the Barszcz soup with uszka (dumplings filled with *Boletus edulis*) and the Gzyby (mushroom) consommé only at Christmas. So they are quite special. How about that *Boletus* noodle dish!!? If I could have distracted Christian for a minute I might have been able to get a second helping. Of course there was Adolf and Oluna to get past. And the morel risotto that Jocelyn brought! I only got one small spoonful. It was enough of a sample for me to request it for this year's Survivor's Banquet! The four mushroom appetizers disappeared quickly. The sesame-grilled appetizer seemed to be the most popular. Bob and Christine brought foccaccio bread and Christian brought the great cider. I am sorry I can't remember everybody's names, especially the family or families that brought the potato and pasta salads. I cannot believe how fast everything disappeared. If I have missed anybody, I apologize. I was apprehensive about overcooking the smokies and the corn, so my attention was distracted most of the time.

I also want to thank Marilyn Grant for the great desserts. The chocolate cake, cookies and brownies were especially good! It was super that Lynn Solomon came all the way from Bamfield to attend the meeting. It gave us the opportunity to talk about the foray which she and Jim Jones helped host on September 29th.

Just in case you thought you were not being observed eating all that food, Steve Johnson videotaped the evening. The film will be shown at the SVIMS Survivors Banquet in January. Jean Johnson assures me that I will not be too embarrassed. The rest of you.....?

This brings me to recipes. I promised that the recipes for all the dishes would be published in Fungifama. I will show good faith by giving the mushroom appetizer recipes at the end of this article. I will press the others for their recipes.

By the way, the Polish smokies were from "The Touch of Europe Deli" on Bay Street just around the corner at Government Street. They get their fresh supply of

sausages on Thursdays and most are gone by the weekend. The corn was from Silver Rill Farms.

Other mushrooms that have been brought in recently to the Pacific Forestry Centre for identification are the prince (*Agaricus augustus*), the flattop agaric (*Agaricus praeclarisquamosus*), *Amanita gemmata*, the lobster mushroom (*Hypomyces lactiflorum* parasitizing *Russula brevipes*), the shrimp *Russula* (*R. xerampelina*) and a huge (13" diameter) *Boletus calopus*. Nobody has brought in *Boletus edulis*, but I know they are being found now (Isn't that right Jean and others?).

This is our time of year, so lets get out hunting for those gourmet treats!

Mushroom Appetizer Recipes

Sesame Grilled Mushrooms

- 1 lb mushrooms (we had *Agaricus* but oysters would be even better)
- 2 cloves garlic
- 3 green onions
- 3 tbsp soya sauce
- 1 1/2 tbsp sesame oil
- 1 tbsp sugar
- 1 tbsp toasted sesame seeds
- salt & pepper to taste

Simple: Marinate the mushrooms in the other ingredients for 15+ minutes and grill in the oven or barbecue.

Mediterranean Mushroom Grill

- 1 lb mushrooms
- 3 tbsp olive oil
- 3 tbsp balsamic vinegar
- Italian herb spice mix (basil, parsley, onions, peppers, oregano, etc.)

Simple: Marinate the mushrooms in the other ingredients for 15+ minutes and grill in the oven or barbecue.

Mushrooms a la Grecque

- 2 kg mushrooms
- 1 liter water
- 500 ml olive oil

- 175 ml lemon juice
- 1 rib celery
- 10 ml salt
- Sachet (containing garlic, pepper corns, coriander seeds, bay leaf, thyme)
- Lettuce & parsley (for decorating and serving)

Only slightly Less Simple: Put water, olive oil, lemon juice, celery, spice sachet and salt in a stainless steel pot and boil for 15 minutes to extract the flavours. Add the mushrooms and simmer for 5 minutes. Cool the mushrooms in the liquid and let marinate overnight in the fridge. Drain mushrooms and arrange on the lettuce. Sprinkle with chopped parsley.

Grilled Portobello Mushrooms

- Portobello mushrooms (as many as you can afford)
- Olive oil
- Salt

The Simplest: Coat the Portobellos with the oil. Season with salt. Grill, basting with the olive oil.

I'm getting hungry already.

Stop eating Man On Horseback

By Shannon Berch (with thanks to Sharmin Gamiet for bringing this to my attention)

Reports from France describe the poisoning of 12 people and death of 3 after eating large quantities of "Bidaou" or *Tricholoma flavovirens* (Man on Horseback) repeatedly over several days. What is shocking is that this fungus is reported in every source I've seen as edible and safe.

All of the poisonings occurred over the last decade or so when Bidaou was collected from sandy soils under pine on the Atlantic coast of France. When Bidaou was later collected by researchers from the same stands and tested for toxicity against mice, the fungus was shown to poison the mice. Although the toxic compounds were not identified it seems clear that the mushrooms collected were indeed poisonous. The

possibility that the poisoning came from the environment (e.g. pollution) was ruled out.

But, many people in Europe and North America eat and enjoy this fungus and have done so for years. How could such a fungus suddenly "become" poisonous?

The literature on this fungus is confusing and there seem to be many synonyms including *Tricholoma equestre*, *T. auratum*, *T. frondosa*. So, perhaps the poisonous fungus is a distinct, though possibly uncommon, species that has not yet been recognized. Maybe the fungus that was poisonous was in fact different from the edible but could not be, or simply was not, distinguished morphologically.

Might the European species in this group be different from the North American species? It has happened before that European and North American mushrooms that have been called the same thing turn out to be different (e.g. *Cantharellus cibarius* in Europe and *Cantharellus formosus* here). So, maybe there is a poisonous European look-alike of Man On Horseback that does not occur here. Perhaps, though, it does occur here but we have yet to find it and poison ourselves with it.

From another angle, could a mushroom species simply contain enough natural genetic variation that one variant can poison or even kill people and another nourish them? I have never heard of such a thing but if *Amanita muscaria* can be red or orange or yellow or white depending on the chemistry of pigments, why can't the chemistry of toxins be just as variable?

Or, is this some variation on the story told us by Adolf Ceska (Fungifama Vol. 8.8) from Bohumil Hrabal of the Czech Republic who described a strange case of poisoning with edible mushrooms, after a long conditioning to inedible and poisonous mushrooms?

Paul Kroeger has told us that there are reports of mushroom poisoning that occur only after repeated consumption of the same fungus - that there is a cumulative effect of some toxin in the body. Perhaps this is the case with Man On Horseback.

For now, the answers are not in. If you eat this fungus, you should know that there may be life threatening risk from eating a lot of it often. I recommend that you stop eating the fungus until the question is resolved.

BAMFIELD FORAY – September 29/30th by Jean Johnson

While the weather tried to literally dampen our spirits (pouring down steadily on us Saturday morning from 9:00 a.m. to 2:00 p.m.), 14 of us managed to brave the somewhat rough and pitted four hour drive to Bamfield and the rain to foray with Jim Jones.

This was Jim's first autumn in Bamfield so that foraying was an exploration for all of us. Some tried the Westcoast Trail, others the Bamfield Marine Station, still others various logging roads. While the pickings were somewhat slim, we did manage to collect 70 different species (list below). Some chosen few even came up with a few delicious edibles such as *Cantharellus cibarius* (golden chanterelle), *hydnum umbilicatum* (*hedgehog mushroom*), and *Armillaria ponderosa* (the white pine mushroom).

The highlight of the trip was a magnificent dinner catered by Lynn Solomon and friends in the Bamfield community. Hosted by Terry, owner of Woods End Cottages, at his outdoor grill and patio with seafood provided by Terry and Jim, the party was a great success, especially since the rain had stopped, the sun had come out, and the surroundings were warm and hospitable.

Menu:

- Cold Smoked Salmon with Mushroom (chanterelles & hedgehogs) bread
- Smoked Halibut (a la Norm Didur who couldn't make the foray)
- Lynn's Favorite Chinese soup with Chanterelles
- Tandoori Sole
- Grilled Salmon
- Steamed pacific mussels and crab

- Turkey with dressing, cranberry sauce & gravy
- Cabbage Rolls
- Roasted vegetables
- Tabouli Salad
- Four desserts, including Tiramisu

We investigated the specimen table that Oluna and Christine had organized, ate, drank and became very merry, indeed. Although I retired earlier, I heard reports of several people who stayed up until 2:00 a.m., when the Southern Comfort was passed around.

We didn't get too early a start on Sunday (can you imagine why?) but we finally got on the road at 11:00 a.m. The weather was glorious and, as we drove back towards home, we stopped and forayed at various places, finally finding a chanterelle area that put nice edibles in all our baskets.

Thanks again to Jim Jones and Lynn Solomon and the community of Bamfield for hosting this event.

Bamfield foray revisited

by Christine Roberts

The Bamfield trip was quite an event. The catered food on Saturday evening was magnificent. The dishes were numerous and varied and we all ate till we were in pain it was so good. Jim Jones and Lynn did quite a lot of the cooking, especially the mushroom dishes like chanterelle bread and wild mushroom soup, and a big fragrant pot of mussels and crabs. Terry, the owner of the Woods End cottages we stayed in, barbequed marinated salmon and tandoori halibut - wonderful flavours. There was delicious smoked halibut, venison cabbage rolls, turkey and all the trimmings, three or four rich deserts, I drool as I type!

The forest was not too productive of chanterelles and there were no new (to me) Russulas, mostly lots of *R. nigricans*. We found a few early matsutake and some *Boletus mirabilis*. The highlight of the collections was the many, varied and brightly coloured Ramarias and the *Trichoglossum* sp. There were actually surprisingly few

fungi fruiting considering the recent rains. We didn't get too wet although it rained on and off on Saturday, clearing up just in time for the outdoor food fest - served under a canopy in case of bad weather. Some added excitement was in meeting the bear as we staggered back to the cottage early Sunday morning in a very mellow state. Ken also met a large bear on his early morning hike to Brady's beach, fortunately neither bear was aggressive.

Sunday bloomed bright and sunny and the inlet with the fishing boats was most picturesque. After the usual obligatory milling about stage incorporating jump-leads, men peering into engines and the discovery that the store sold ice cream, we all set off for the area around Franklin camp (the logging camp) to see if some altitude had brought forth more fungi. Not much luck there but Jean knew a secret place further towards Cowichan, where the logging road has a one-way section. There we hit the motherlode of chanterelles and Adolf and Oluna found a shirtfull around the Nitinat Fish Hatchery.

Many thanks to Jean Johnson and Jim Jones for organizing the trip, and to Jim, Lynn and their friends and neighbours for the feast.

Taylor Lockwood Presentation

By Jean Johnson

There were over 65 people in the audience for Taylor Lockwood's presentation at the University of Victoria on October 11th. Half of the audience was SVIMS members and there were a dozen people who came from the Sidney Shutterbugs. Due to the generous sponsorship of UVIC's Department of Biology (and especially Dr. Will Hintz), we got a reduced rate on the room rental and additional publicity. Two people even drove from Calgary specifically for this event.

Taylor's slide and music show was marvelous, with some truly remarkable fungi from his international travels. He fielded dozens of questions from the audience and finally had to call a halt to questions so that people could talk personally with him.

Taylor's book, "Treasures from the Kingdom of Fungi" which he self-published in order to ensure superb quality reproductions, is a 127-page love letter to Nature's Art and fungal diversity. The book is unique in presenting some species that might not have any other record of being found. Whether you browse through the chapter entitled "Magic Carpets and Spore Gardens" or "Lovers' Lane", you will be awed by the crispness of the photographs and the depth of colour.

Taylor very generously gave SVIMS \$5.00 for every book he sold that night. The book sells for \$30.00 US and can be ordered from his website at www.fungiphoto.com. It would make a wonderful Christmas present for one of your SVIMS friends.

Many thanks to the SVIMS members who brought in mushroom specimens for identification and enjoyment later in the evening.

(Editor's Note: We all owe Jean a big THANK-YOU for doing EVERYTHING about getting Taylor here and ensuring that everything went smoothly for the evening.)

New Mushroom Website: MushroomsNY
<http://rand.pratt.edu/~fsavini/>

This is a "loose chronological diary of mushrooms and mushroom related issues that are encountered and photographed in New York City. The site has no scientific or authoritative pretension and was created for the simple pleasure of sharing with others" according to the originator, Federico Savini.

Mushroom jokes

Q. Which vegetable goes best with jacket potatoes?

A. Button mushrooms.

Q: Why did the mushroom go to the party?

A: Because he's a fungi.

Q: Why *didn't* the fungi go to the party?

A: Because there wasn't mushroom.

Q. What room has no doors, no walls, no floor and no ceiling?

A. A mushroom.

Q. What do you get if you cross a toadstool and a full suitcase?

A. Not mushroom for your holiday clothes!

Q. Did you hear the joke about the fungus?

A. I could tell it to you, but it might need time to grow on you.

Knock Knock

Who's there !

Henrietta !

Henrietta who ?

Henrietta toadstool but thought it was a mushroom !

Fungus eats fungus!

By Shannon Berch

According to a recent paper in Mycologia (Vol. 95: 841-851) by Czederpiltz, Volk, and Burdsall, *Entoloma abortivum* can form typical mushrooms and and it can attack young *Armillaria* mushrooms forming things called carpophoroids (aborted, deformed mushrooms). Mycologists used to think that the *Armillaria* was attacking the *Entoloma* but new evidence suggests the opposite.

Membership News

In the latest issue of The Mycophile (newsletter of NAMA), the CD-ROM version of the computerized mushroom key "MatchMaker" was mentioned. As many of you know, MatchMaker was created by **Ian Gibson**, his son **Eli Gibson**, and **Bryce Kendrick**. MatchMaker was created as a strictly non-commercial and educational venture and has been financially supported in part by the Pacific Northwest Key Council. Ian may be reached by email at ig@islandnet.com if you wish to order a copy for \$10.00 - the cost of manufacturing and mailing.

Welcome new members Diane Luong, Justin Hodkinson, Heather & Bill Lyons, **Cheryl Konoff, Emily Blizzard (in Calgary), Victoria Bolton, Arthur Ralfs, Grace & Rochelle Sumampong, and Stan Khan.**

With regret, we note that **Bev Glover** from the Botany Dept. at UVic passed away in mid-September.