

# FUNGI-FAMA

SOUTHERN VANCOUVER ISLAND MYCOLOGICAL SOCIETY

A HAPPY  
AND  
FUNGI-FILLED  
NEW  
YEAR TO  
ALL!



VOLUME 16, ISSUE 1

JANUARY 2013

## IN THIS ISSUE:

New Members	P.2	Dried Mushrooms—What's the Deal?	P.7
Upcoming Events	P.3	Make Mine Mushroom Soap	P.10
Cowichan Foray	P.4	Further Education with SVIMS	P.12
Quadra's Got Truffles!	P.5	Mushroom Haiku	P.14
SVIMS Mushroom Show	P.6	The Last Word	P.14

## DID YOU KNOW?

France produces about 1,000 tonnes of black Périgord truffles each year – 45% of world production. About 80% of the truffles in France come from the south-east. The underground fungi sell for up to €1,200 a kilo in farmers' markets, but can fetch three times as much in shops in Paris. *The Guardian, Dec.23/12*



SVIMS member Charlene Wood took this photo of an *Entoloma sp.* at Gold Creek Provincial Park, B.C. What a beauty!

## WELCOME TO OUR NEW MEMBERS!

Q Zhao

Mary Anne Boileau

Jocelyn Lalonde

Dez and Krisztina Levai

Chad Pretsell

Diana Gough

Bev and Jim Miller

Rhonda Rusk

Zaid Jumean and Charlene Wood

Irene Tialmpo

Carol and Gareth Goodger-Hill

Maryanna Kenny

Bruce Atkins

John Denis and Renata Outer-  
bridge

Caity Gossland

Emma Webster

Alison Leduc

Tessa Larsen and Jonathan  
Francoeur

Aaron Richards

### FUNGIFAMA DEADLINE

Please submit your stories,  
announcements, and photos by  
**March 1st** for the next  
edition of the newsletter.

[jillstanjs@hotmail.com](mailto:jillstanjs@hotmail.com)

# UPCOMING

## 7TH ANNUAL SURVIVOR'S BANQUET

SATURDAY, JANUARY 12, 2013, 6:00PM



Location: Gordon Head Lawn Bowling Club  
4105 Lambrick Way, Victoria.  
By the Gordon Head Recreation Centre, just off  
Feltham. Lots of parking.

Come at 5:00 to help set up tables and chairs if  
you can.

Food: Please bring a potluck dish big enough for  
8 people. Mushroom dishes encouraged but  
not necessary. Please bring a card listing your  
dish's ingredients.

Bring: plate, cutlery, mug, glass; BYOB or bev-  
erage of choice

Provided by SVIMS: coffee and tea

RAFFLE Item: One highly prized, unwrapped  
item only -- new, recycled, or regifted.

Bring something to donate to the raffle and then  
bid on the treasures with tickets you can buy @  
\$2 each, 3/\$5, or 7/\$10. You may not go home  
with what you won, so be prepared for lots of  
laughs! Raffle items can be mushroom-themed or  
not.

Questions? Contact Matthew at:

[m.larmour@shaw.ca](mailto:m.larmour@shaw.ca)

## FURTHER AFIELD

Jan. 18-21, 2013

### 3rd Annual Napa Truffle Festival

Napa, CA

[info@napatrufflefestival.com](mailto:info@napatrufflefestival.com), (888) 753-9378

Jan 25-27, 2013

### Oregon Truffle Festival, Eugene, OR

[info@oregontrufflefestival.com](mailto:info@oregontrufflefestival.com)

Oct. 24-27, 2013

### NAMA Annual Foray

Shepherd of the Ozarks, Arkansas

<http://namyco.org>

# COWICHAN FORAY

OCTOBER 19-21, 2012



Photo Dez Levai



Photo Julien Marceau



Photo Jill Stanley



Photo Julien Marceau

In spite of the dry summer and fall, participants in this year's Cowichan weekend foray in October found around 170 species including *Katy Harding* and *Barbara Pendergast's* wonderful cauliflowers. *Julien Marceau* and *Brooke Da Paoli* lucked into chate-relles. Thanks to *Heather Leary* for organizing another successful event.



Photo Dez Levai

# Quadra's Got Truffles!



Joyce and Shannon

by Darcy Mitchell



Despite the driest September on record, the Quadra Wild Mushroom Festival collection foray held on Saturday, October 6 yielded almost 100 species of fungi, not far short of last year's total of 125. The collection included what is believed to be the first recorded B.C. find of the Fall Oregon White Truffle (*Tuber oregonense*), a prized edible, considered comparable to the famous European White Truffle. The golf-ball sized fungus was found by Joyce Eberhart. She and Dr. Daniel Luoma are truffle experts from Oregon State University and together with Dr. Shannon Berch of Victoria provided mycological expertise for the weekend festival. The trio found a total of four species of truffles including a strikingly unusual *Elaphocordyceps capitata* parasitizing one of the truffle species.

Festival participants enjoyed an informative and entertaining keynote speech by Dr. Berch on the Friday evening, as well as a chance to select from an excellent array of books offered by Book Bonanza, to view a display of beautiful mushroom-themed photos and art, and to sample mushroom-shaped cookies and other treats on sale at the concession. On Saturday, nearly 40 Islanders and visitors headed out to the forest, and returned to the Community Centre with their baskets and buckets laden with fungi for identification by the team of experts.

On Sunday, a steady stream of mushroom enthusiasts examined and asked questions about the fungal display. As well, Brigid Weiler of Cortes Island offered a workshop at the Community Centre on the use of mushrooms as natural dyes, displaying a broad array of vibrant colours and beautiful items knitted with mushroom-dyed wool. At the Heriot Bay Inn, Dan Luoma introduced his audience to the world of truffles, including a session on truffle identification using both macroscopic and microscopic features. The Festival wound up with a mushroom themed dinner at the HBI, featuring the Island's excellent chateauforges.

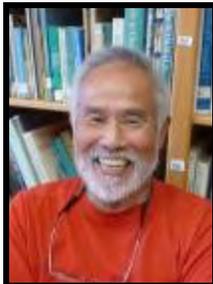
The Festival was sponsored by the newly formed Quadra Island Mushroom Club, the Heriot Bay Inn and the Quadra Island Recreation Society in cooperation with the South Vancouver Island Mycological Society. Thanks to all who worked so hard to deliver an excellent event.

# 2012 SWAN LAKE MUSHROOM SHOW



Helga Wolnicki cooking up tasty mushroom morsels.

Gary Sawayama helping out.



Kevin Trim with his pride and joy!



Baby Felix and his first mushroom.



Bruce Pendergast selling lots of SVIMS calendars



Richard Winder in the "pit".



Oluna Ceska with an avid visitor to the Mushroom Show

Thanks to all those who collected mushrooms for the Show and to the following who donated edibles for *Helga Wolnicki*, ably assisted by *Anne Henderson*, to cook on SVIMS new hotplate:  
*Heather Leary, Dorothea Haeusler, Mary Anne Boileau, Julien Marceau and Brooke De Paoli, Dianne Humphrey, and Ann Henderson.*

photos by Jill Stanley

## DRIED MUSHROOMS – WHAT'S THE DEAL?

ELSE C. VELLINGA

The last few years Tom Bruns et al. have been organizing many forays and collecting trips to Point Reyes National Seashore, Yosemite National Park, and the Mendocino area. The purpose of these trips is partly to teach students about the different species that can be found in these areas, partly to inventory these parks and regions. And the way we carried out the inventory part was not just by making a list of all the species we saw, but by collecting mushrooms, photographing them, making notes, drying them in a food dryer, and then preparing those collections for permanent storage in the university's herbarium, which is a dry and cool resting place for dried specimens. More often than not, a dried up mushroom loses its shape, its colors, and its smells when submitted to the dryer, but its microscopic characters stay intact, and its DNA as well (if the collections are properly cared for).

The reasons for keeping the specimens are clear: we can get back to the specimens, look at them under the microscope, get the DNA out and compare it with that of other species and specimens. Did we get the name right in the first place? Perhaps not, but we can update the identification. Specimens can be, and in fact are, used to describe new species.

If we didn't have these specimens but had only a list of species that had been collected, we might keep guessing about the reality of the names we had been using. We might be talking about totally different species with our co-mycologists at the other side of the country, without realizing it. The Europeans who arrived in North America called a bird with a red breast 'robin': they used a European name for the American species now called *Turdus migratorius*, whereas the European robin, *Erithacus rubecula*, is equally red-breasted but quite different, and yet, they now both go under the name 'robin'. The same is happening in mycology: names given to species occurring in Europe are used for California species. Sometimes this is correct (e.g., for the hedgehog, *Hydnum repandum*), but in most cases it is not. For instance, the local purple laccaria which we called *Laccaria amethystina* was renamed *Laccaria amethysteo-occidentalis*, as it is quite different from the European species. But if we do not have material at hand to check, we will never find this out. Hence, a herbarium comes in handy.

The second reason to keep material is to get a historic record. Thanks to herbarium specimens, the presence of the death cap (*Amanita phalloides*) in California could be traced back to 1938, when it was collected in the grounds of the Del Monte Hotel in Monterey; older specimens under that name turned out to be different species. Other examples of the value of specimens come from Europe, where changes in distribution, fruiting time, and occurrence frequency have widely been noted.

Meticulous record keeping and herbarium collections give an ongoing account of the state of the mushroom world. For instance, in the Netherlands, the hawkswing mushroom, *Sarcodon imbricatus*, has drasti-

cally declined, and where it was once widespread it is now only known from a handful of sites (see [www.verspreidingsatlas.nl/395010](http://www.verspreidingsatlas.nl/395010)); nitrification, acidification and changes in forest management are the culprits for this dramatic decline. Herbarium records in Norway were used to predict changes in the distribution patterns of species, and research on changes in fruiting period and time relied heavily on records and specimens that were collected over a long period of time in the U.K., Switzerland and Norway.

The two local university herbaria are part of a nation-wide effort to make all the herbarium records of the macrofungi (all fungi with visible fruitbodies) available on line. The Harry D. Thiers herbarium at San Francisco State University has an estimated 60,000 collections, with a heavy focus on California mushrooms collected by the late Harry Thiers, his students, and his successor Dennis Desjardin and his students. The University herbarium at UC Berkeley has a collection of around 50,000 fungal specimens that go back to the late 1800s with many early collections from Point Reyes, Mount Tamalpais, and Cooke's collections from the Shasta area. By exchange, gifts and purchases, other parts of the U.S.A. are represented as well.

The full name of the project is “The Macrofungi Collections Consortium, Unlocking a biodiversity resource for understanding biotic interactions, nutrient cycling and human affairs”, spearheaded by Barbara Thiers and Roy Halling of the New York Botanical Garden, and funded by the National Science Foundation. It is a 3-year project and the goal is to get the label data for all macrofungal collections of around 35 herbaria on line. The first 400,000 records and several thousand photographic images and images of field notes, are already available at the Mycological Collections Portal web site ([www.mycportal.org](http://www.mycportal.org)), curated by Scott Bates. The labels of the collections will be photographed. These photos will generate database records, including the name of the specimen, when, where and by whom each specimen was collected. Creating records from images will be not so much of a problem for the typed labels, but the many handwritten scribbles might be more difficult to interpret. For around 10% of the collections, the dried mushrooms themselves will be photographed. Even though shape, sizes and colors of gilled mushrooms change after drying, there is still important information left and polypores and puffballs do not change much at all during their stay in the aridity of the herbarium.

Notebooks, field record books and notes on cards with macroscopical descriptions will be digitized. Again these are, for the most part, hand-written. The task of deciphering mycologists' handwriting where technology fails will be in the eyes and hands of volunteers – those of you who love reading mushroom facts and descriptions and are good at seeing the words through the up-and-down strokes of fountain pens – let us know! Harry Thiers' notes will be included, and his handwriting is notoriously difficult to interpret. Students, both undergraduate and graduate, will work on the project participating in all kinds of capacities. They put bar code labels on the boxes and folders holding the specimens, photograph the material, type the main info (species name, collector's name) into the database, and get to know their herbarium and its contributors. The ultimate goal is to get them enthusiastic about living fungi. Summer interns at NYBG wrote fascinating posts on mycologists and fungi (links to these pages are in the left bar of <http://sciweb.nybg.org/science2/SteereHerbarium.asp.html>).

The *MyCoPortal* web site is the serious brother to *Mushroom Observer*; at both sites maps can be produced, but at the former, these are based on identified and vouchered material. At the latter, they are

based on observations with identifications that can range from a long night spent with books and microscopes to a quick look at the photo by someone in another part of the world. Right now, both sites show that big swaths of the U.S.A. are under-researched, and that the more difficult fungal groups definitely need our attention too.

The last four months I have spent quite some time at the UC herbarium; updating names, sticking barcodes on, and giving the collections some well-needed love and care. I came across material that has been in the hands of famous mycologists, such as Setchell (after whom Setchelliogaster was named) and Murrill. I saw many old collections from Point Reyes and Mount Tamalpais and I would love to know whether these species are still around in our area. This brings me to the present day again, where I started this writing: modern collections are as valuable as the old ones; they hold the key for our knowledge and understandings in the future!

Some background reading –

The western purple *Laccaria* story: Mueller GM, 1984. New North American species of *Laccaria* (*Agaricales*). *Mycotaxon* 20: 101–116.

History of *Amanita phalloides*: Pringle A, Adams RA, Cross HB, Bruns TD, 2009. The ectomycorrhizal fungus *Amanita phalloides* was introduced and is expanding its range on the west coast of North America. *Molecular Ecology* 18: 817–833.

Two examples of European research:

Kauserud H, Heegaard E, Büntgen U, Halvorsen R, Egli S, Senn-Irlet B, Krisai-Greilhuber I, Dämon W, Sparks W, Nordén J, Høiland K, Kirk P, Semenov M, Boddy L, Stenseth NC, 2012. Warming-induced shift in European fruiting phenology. *Proceedings of the National Academy of Sciences* 109:14488–14493.

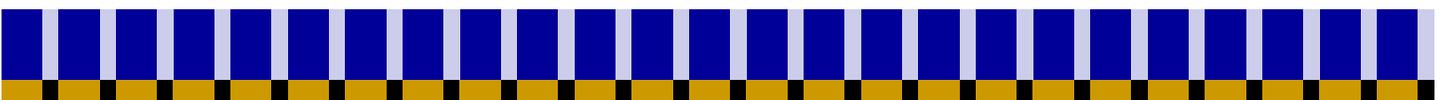
Wollan AK, Bakkestuen V, Kauserud H, Gulden G, Halvorsen R. 2008. Modelling and predicting fungal distribution patterns using herbarium data. *Journal of Biogeography* 35: 2298

Important web sites:

[www.mycportal.org](http://www.mycportal.org)

[www.mushroomobserver.org](http://www.mushroomobserver.org)

[www.nybg.org](http://www.nybg.org)



# MAKE MINE MUSHROOM SOAP\*

SVIMS members Erik Blair and his wife Marantha have taken their passion for mushrooms to new heights. Their business, Woodland Deer, is one that focuses on “sustainable living products and ideas” so Fungifama was intrigued to learn that one of their products is mushroom soap— that’s SOAP not SOAP! We had the following conversation.

*Can you tell us how you came up with the idea for making mushroom soap?*

A friend of mine was teaching me to make soap a few years back. After learning about some of the amazing topical uses for mushrooms, we thought it was only natural to combine 2 hobbies we loved in order to create a whole new product.

*What ingredients go into the soap?*

We have 3 recipes of mushroom soap; Pine Mushroom, Yellow Chanterelle and ginger, and Chaga with birch bark. All our soaps are made with coconut oil and ethically cultivated palm oil.

Pine Mushroom soap has powdered pine mushrooms, raw cacao powder, cinnamon powder and essential oil, and clove powder.

Yellow Chanterelle Soap contains powdered yellow chanterelles, ginger powder and essential oil, and fresh ground rosemary.



Chaga and Birch bark soap contains ground chaga mushroom powder, ground birch bark, tea tree essential oil, and sweet birch essential oil.

*Why use mushroom soap anyway? Are there health benefits?*

Pine Mushrooms have been used for centuries by the Japanese as a face wash for rejuvenating the skin. They promote elasticity, are high in vitamins and minerals, and have anti-tumor properties.

*\* SVIMS cannot guarantee the validity of the information contained herein.*

Our Yellow Chanterelle Soap is great for chronic skin conditions and re-energizing the muscles. Chanterelles are currently used clinically for chronic skin conditions such as eczema, acne, scrapes, burns, and bug bites. They are also thought to be a potential insect repellent.

Our Chaga soap is wonderful for exfoliating and regenerating fresh healthy skin. Chaga has been used for thousands of years both topically and internally, and has gained the reputation as the mushroom of youth. Extremely high in antioxidants, these bars are mildly coarse and perfect for scrubbing away dirt and old skin. This soap also has Birch bark in it as a topical analgesic and tea tree oil as a disinfectant.

All our soaps are anti-bacterial, and great for cleansing the skin.

### *What has the response to the soap been like?*

So far people are very intrigued by our soap. We have soap in 4 shops and it seems to be selling steadily. Because our soaps are vegan, ethical, and biodegradable we reach a very broad spectrum of people. Our soaps are crafted to perfection and formulated to promote skin health. People who use our soaps have given us nothing but positive feedback regarding its medicinal properties. The most popular soap so far is the Pine Mushroom. Unfortunately, pine mushrooms are difficult to find so it is in limited supply.

### *Do you have any plans for other mushroom products?*

We do make other mushroom products. We currently have several tinctures, and are planning to make mushroom salves in the year to come. We also make many herbal products including various recipes of herbal soap.

### *How can people contact you?*

We have a blog site: <http://woodlanddeer.blogspot.ca/> We are also available on facebook, just look up 'Woodland Deer'. Our email address is: woodland\_deer@live.com.

### *Is it a tough decision whether to eat the mushrooms or make soap with them???*

It was tough the first year we made mushroom soap. Fortunately that was a very good year for both Pine Mushrooms and Chanterelles. Now we feel that these mushrooms are as enjoyable topically as they are to eat.

Erik, Marantha and son  
Cedar with Paul Stamets



photo: Erik Blair

# Further Education with SVIMS

BY BROOKE DE PAOLI



On October 10th, 2012, I attended the third session of “**The Wild Mushrooms of Southern Vancouver Island: a Course for Beginners**” at the Swan Lake Nature House. The presentation, entitled “Cooking with Wild Mushrooms” was given by Bill Jones, the owner of the Deerholme Farm restaurant. Located in the Cowichan Valley on five acres of land, Deerholme Farm is surrounded by many choice edibles such as chanterelles. During the presentation, Bill demon-

strated how to prepare wild mushroom chowder. We were fortunate to be able to enjoy the chowder when he was done. Loaded with freshly harvested local wild mushrooms, it was the best chowder that I have ever tasted! Bill also told us about his culinary education including travels to Europe, and his chef training in France. He has over twenty years experience as a chef and has authored ten books. Bill Jones’ newest book will be released in the spring of 2013 and is a guide to cooking with mushrooms. Therefore, if you are a mushroom admirer and love great food, then visit Deerholme Farm and watch for the release of his new book.



Photo Brooke De Paoli

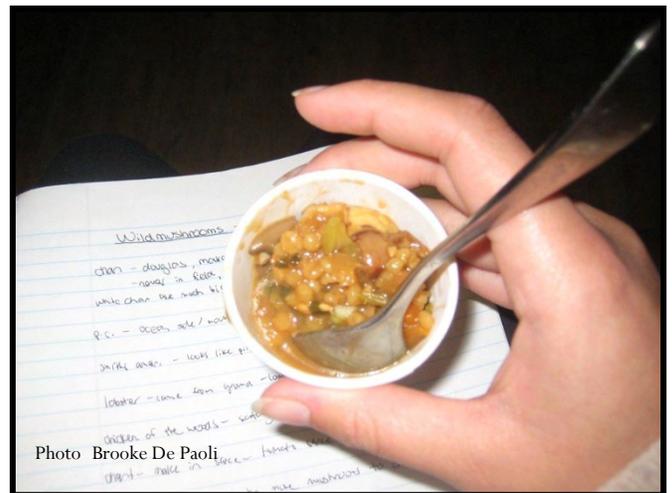
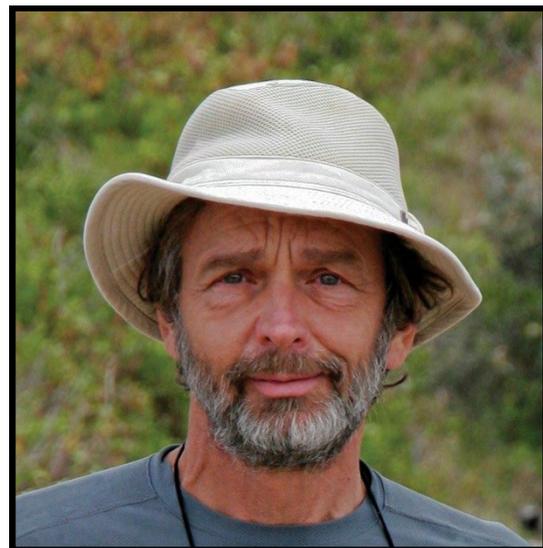


Photo Brooke De Paoli

Next, on October 17th, 2012 I attended the fourth Swan Lake Nature House mushroom session and it was “Photography with Mushrooms” presented by Duane Sept. Duane is a biologist, author and an award winning, wildlife and nature photographer. Throughout the presentation, we viewed many beautiful pictures of mushrooms that he has taken over the years. Duane demonstrated how to take professional pictures of mushrooms using a macro lens. During one part of the presentation he went through a number of photographs and asked us what we thought was wrong with each one. Duane informed us how each shot could have been improved. We also examined the camera and equipment (lenses, tripod, flash and other accessories) that Duane uses for mushroom photography. If you would like to see some of Duane Sept’s pictures, he has written many books such as, “Common Mushrooms of the Northwest”, “Trees of the Northwest”, “Common Wildflowers of the British Columbia”, and many more. All his books are easy to read and very informative.



PAPERMAKING  
WORKSHOP  
WITH  
CHRISTINE  
ROBERTS



Photos Jill Stanley

**SVIMS EXECUTIVE  
2012-2013**

**President**

Lee Smith

**Vice President**

Bruce Pendergast

**Past President**

Richard Winder

**Secretary**

Kem Luther

**Treasurer/Membership**

Barbara Pendergast

**Directors**

Sinclair Philip

Gary Sawayama

Ben Hircock

**Assistant to**

**Treasurer**

Pauline Cohen

**Forays**

Adolf & Oluna Ceska

**Fungifama**

**Newsletter**

Jill Stanley

**Guest Speakers/Visitors**

Shannon Berch

**Publicity**

**Coordinator**

Heather Leary

**Refreshments**

Dianne Humphrey

Anne Henderson

**Librarian**

Helga Wolnicki

**Listserve**

Kevin Trim

**Webmaster**

Ian Gibson

**Calendar Coordinator**

Mabel Jean Rawlins

a tree falls

only the wood ear

listens

*Angie Werren*

knife-edge gills

if a mushroom

could speak *Anon.*

**mushrooms the flesh of rain**

**Melissa Allen**

another day

of silence

amanita *Anon.*

dry season

the earth not breaking

for the mushroom

*Mike Montreuil*

## THE LAST WORD



When I heard about the papermaking workshop at the SVIMS/Swan Lake mushroom series last fall, I was gung-ho to sign up. And what messy fun it was...right up my alley! Instructor Christine Roberts led our small group through a hands-on exploration of the process, from mashing conks in a blender, to putting the slurry onto a screen and drying it out on newspapers before pressing it flat. The resulting paper is textured and subtly-colored, depending on the type of mushroom used, and, like any handmade paper, it can be used for cards, mattings, or even sculptures. The possibilities seem endless...and the grandkids will love making it too!

Jill

For more pictures and a full explanation of the process, check out my blog at  
<http://trufflesandturkeytails.blogspot.com>