



SOMA News

THE OFFICIAL PUBLICATION OF THE SONOMA COUNTY MYCOLOGICAL ASSOCIATION
A NON-PROFIT 501(c)(3) EDUCATIONAL SOCIETY, DEDICATED TO THE MYSTERY AND APPRECIATION OF LOCAL FUNGI SOMAmushrooms.org

VOLUME 19 ISSUE 2

OCTOBER 2006

2006-2007 SEASON CALENDAR

OCTOBER

October 8-11 » 2006 Mushroom Conference

Breitenbush Hot Springs Resort near Detroit, Oregon

October 19 » Meeting

Sonoma County Farm Bureau
Speaker: Dr. Joaquín Cifuentes Blanco

October 21 » Foray

Fisk Mill Cove, Salt Point State Park

NOVEMBER

November 10-12 » Annual Mendocino Woodlands Foray

Sponsored by the MSSF

November 16 » Meeting

Sonoma County Farm Bureau
Speaker: Ralph Metzner

November 18 » Foray

Fisk Mill Cove, Salt Point State Park

November 19 » Mushroom Fair

Sponsored by The Humboldt Bay Mycological Society

DECEMBER

December 9 » Point Reyes

Mycoblitz III

Point Reyes National Seashore

December 21 » Annual SOMA

Potluck

Sonoma County Farm Bureau
Open to SOMA members only

JANUARY

January 13-15 » SOMA Camp

Occidental, California

January 20-21 » Point Reyes

Mycoblitz IV

Point Reyes National Seashore

January 26-28 » All California

Club Foray

Albion Field Station, California
Co-sponsored by BAMS and the FFSC

SPEAKER OF THE MONTH



Dr. Joaquín Cifuentes Blanco

Thursday, October 19

Joaquin is the curator of the FCME Herbarium at the School of Sciences of the National University (UNAM) of Mexico City and heads the university's Comparative Biology Department. He has been teaching botany and mycology courses for over 25 years. During that time, he has published 36 papers on taxonomy and systematics of macromycetes, put together a collection of 20,000 fungi from Central and Southern Mexico.

Recently, he has been taking an inventory of the macrofungi in the Reserva de la Biosfera de la Mariposa Monarca (the Monarch Butterfly Reserve) in Michoacan, Mexico. He has also done major fungi studies in the tropical areas of Campeche and Belize. Since 2002, he has been a field leader and technical presenter for Mexican Mushroom Tours in Tlaxcala and the Copper Canyon.



EMERGENCY MUSHROOM POISONING IDENTIFICATION

After seeking medical attention, contact Darvin DeShazer for identification at (707) 829-0596. Email your photos to muscaria@pacbell.net. Photos should show all sides of the mushroom. Please **do not** send photos taken with cell phones—the resolution is simply too poor to allow accurate identification.

A free service for hospitals, veterinarians and concerned citizens of Sonoma County.

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SOMA's *Amanita muscaria* logo by Ariel Mahon.

PRESIDENT'S LETTER

Spore Droppings from the President's Basket

We opened the fungal year with a great meeting, our friend Charmoon Richardson gave a lively slide presentation that had beginner and old hand captivated. October brings us closer to our first rains and great things to come.

Our excellent speaker for the regular meeting is Dr. Joaquín Cifuentes Blanco who will give us a peek into the world of psilocybin, its history, effects on culture and other exciting details. We expect a large turnout for this event on the 19th come early to get a good seat. The meeting begins at 7 PM and the speaker will start at 7:30 PM. *The Press Democrat* will be notified for a possible follow-up on their article on psilocybin.

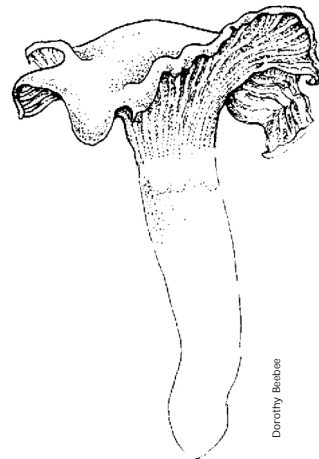
The board of directors also asks that you consider selecting electronic newsletter delivery. Contact board member Jim Wheeler at wheeler.j.d@att.net to sign up for a PDF version of the monthly newsletter. It makes sense to use this inexpensive and paper-saving resource.

Bill Hanson

FORAY OF THE MONTH

Saturday, October 21

Chanterelles, sulfur shelf and other early season edibles



Cantharellus cibarius

Meet at the southern end of **Fisk Mill Cove** in **Salt Point State Park** at 10 AM.

Bring a potluck dish to share; vegetarian dishes are always welcome! Please bring your own glasses, plates and eating utensils. Besides the positive environmental reasons and benefit to the gastronomic experience, it will help minimize the amount of trash to be hauled out.

Contact foray leaders Ernst Muusse at (707) 592-6805, or Bill Wolpert at (707) 763-3101 for more information.

Members are asked to avoid hunting the club site for at least two weeks prior to a SOMA event. It's only through your cooperation that all members can enjoy a successful foray and experience the thrill of the hunt!

David Arora's Mendocino Mushroom Foray

Friday, November 24–Sunday, November 26 (Thanksgiving Weekend)

David Arora's Annual Mendocino Mushroom Foray is happening once again. Three days of mushroom hunts, ID, cooking demos, and lectures by Arora and special guests. \$170 per person, includes lodging in comfy heated cabins and most meals. All experience levels welcome.

This foray fills quickly, so don't delay. To register, contact Debbie Viess at amanitarita@yahoo.com, or (510) 430-9353. For more info, and late-breaking foray details go to www.BayAreaMushrooms.org.

Sketching is what I did, after hiking at least a mile through the Salt Point woods along the bluff trail and finding nary a mushroom. So as not to waste the day, I took pen and sketchbook to hand, and enjoyed the pristine September view up the coast toward Fisk Mill Cove.

I even checked down at my favorite Bishop pine snag to see if the *Gymnopilus spectabilis* had begun to fruit, but no, too early for them as well... Trudging back with through the tall tangled grass with my intrepid walking stick, I almost missed the potluck with Patrick's incredible chanterelles and bolete creations!

But other foragers had had more luck up on the higher reaches, finding not only some tasty edibles but also some new growth of *Phaeolus schweinitzii*, excellent for mushroom dyes and other polypores best for papermaking. David Rust brought me a giant *Pisolithus tinctorius* from a parking lot in Sacramento which I'm going to add to the others that Darwin found, and put them all into the solar dye jar to soak outside on picnic table—might as well take advantage of the sun while it is still here! (This is being written on September 26th).

I was delighted that my last mushroom dye article inspired an old friend to try dye experiments with *P. schweinitzii*, found up in Cazadero, and showed them to me at the last meeting. Thanks, Marilyn! I'm still looking for them to fruit in Forestville, which they often do without any rain at all...but this is an unusual year!!!

What are you finding in your patch of the woods? Please write to me at dyes@somamushrooms.org. Maybe we can get a dye group going?



SOMA Website: Reorganized and Redesigned!

My son, Martin Beebee, and I, (mostly him) have taken over the task of maintaining the SOMA website from Darwin DeShazer, who has so ably designed and maintained the website over the last six years. Big shoes to step into!



In this process, we decided to redesign and reorganize the entire site. We gave the site a complete overhaul, redesigning it to be targeted towards the public who are interested in learning more about local fungi. This realignment more accurately reflects the mission of SOMA as being an educational group. We organized the site around three basic levels of involvement:

- **Learn:** For people (mycophiles and non-mycophiles alike) who are interested in learning more about fungi and their different uses (cooking, cultivating, etc.). Plus a growing list of mushroom recipes!
- **Get Involved:** For people who are interested in getting more involved in learning about local fungi, such as attending forays and fungus fairs.
- **Join:** For members and for people who might want to become members with information about SOMA, *SOMA News*, etc.

Our goal is for the website to be member-driven, with articles and photos about mushrooms that interest you and are from you. If you have an idea for an article you'd like to write up for one of the sections, let us know! (We are not advertising any commercial ventures.) We're also trying to keep the website as up-to-date as possible. For example, a report for the most recent Salt Point Foray is online, complete with Darwin's species list and MycoChef's yummy recipes with foray-found mushrooms.

We're still making minor tweaks—looking for some more photos and checking for errors. And while we think this new design works well, what matters most is what you, the members, think. So take the site for a test drive and kick the tires. We are looking forward to hearing from you!

Please send comments and suggestions to Dorothy Beebee at webmaster@somamushrooms.org.

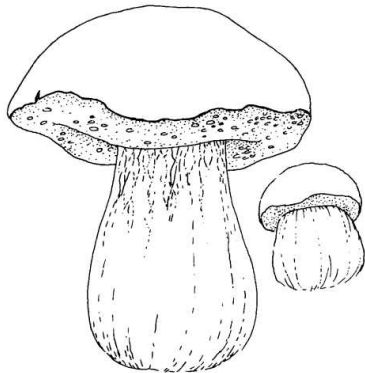
October 2006

So early in the season that few postings regarding fungi found nearby have been seen anywhere on our local Internet groups list. But some mushrooms are being picked.

On Saturday, September 23, Salt Point gave up a measurable amount of fine edibles—two porcini (one 6" button and another #2 fully opened and about 5" across the cap), several Amanitas, a *Russula cyanoxantha*, and a modest basket or two of *C. cibarius* and *C. formosus*.

The conditions were awfully dry (go figure) but the temperature was in the 80's and even those who found little had a very nice walk in the woods.

Mushrooms from other places are being harvested and brought to markets. Washington State and the Queen Charlotte Islands are providing chanterelles quite nicely now but Oregon's matsutake pickings are slim. New Mexico and Colorado had abundant late summer flushes for those lucky to be there at the right time. The season in Colorado can be so brief as to almost not be at all.



Boletus edulis

We can look forward to maybe a nice fall Sierra bolete season (check for thunderstorms up there), our usually very good to great coastal boletes, plus all the other wonderful miscellaneous mushrooms that will surely fill our forests. Enjoy this beautiful early autumn weather and start planning your forays for later on.

To feed the hungry who came to Salt Point for the SOMA event (and open to all) last Saturday a porcini "Alfredo" with fettuccine was provided.

Porcini Alfredo

Serving Size: 4 Preparation Time: 30 minutes

- ½ pound fettuccine
- 1 teaspoon olive oil
- ½ cup porcini mushrooms, dried
- 1 tablespoon dry sherry
- hot water
- 1 tablespoon unsalted butter
- 1 tablespoon flour, all-purpose
- ¾ cup heavy cream
- 1½ cup mushroom stock (or chicken, veggie, etc.)
- ½ tablespoon olive oil
- 1 tablespoon shallots, minced
- ¼ teaspoon oregano, dried
- 1 pinch thyme, dried
- ½ cup Parmesan cheese, shredded
- Gray sea salt
- Fresh ground black pepper

1. Cook the pasta in boiling, salted, water (should taste like the Adriatic Sea) for 7 minutes. Rinse in warm water, toss with a teaspoon of olive oil, and set aside.
2. While that is going on be re-hydrating the mushrooms in the hot water with the sherry. When soft, remove, squeeze out, and chop. Reserve the soaking liquid.
3. Make a light roux with the butter and flour and break it (correct culinary term!) with the heavy cream by adding it all at once. Cook a bit over medium and add the mushroom stock. Continue cooking until the desired consistency is achieved. A slurry of flour mixed with water can be added through a strainer if a thicker sauce is desired but be mindful that cheese will be added later.
4. Take the softened porcini and sauté it with the shallots and herbs in olive oil. Add the reserved soaking liquid until it all is evaporated. Add this mixture to the cream sauce, cook a few minutes, and add the cheese and mix everything with the pasta. Add salt and pepper to taste.

Serve this with whatever you still have in your glass after your walk in the woods on a hot day.

MSSF Mendocino Woodlands Foray

This year's new and improved MSSF Mendocino Woodlands Foray will take place on the weekend of November 10-12, at the Mendocino Woodlands camp, in the hills above the town of Mendocino.

Dr. Dennis Desjardin will be the foray mycologist, assisted by Norm Andresen and Mike Wood. Noted mycophotographer Taylor Lockwood will present a special selection of mushroom visuals. Additional guests of note will be announced.

A variety of classes, workshops, and special events will be featured, including a kid's foray. Fee includes lodging, meals, and all forays, classes, and events.

Further details to be announced on the MSSF website. Register at www.mssf.org/mendo. Email mendo@mssf.org or call (415) 457-7662 or (707) 829-2063.

23rd Annual Breitenbush Mushroom Gathering

The 2006 Mushroom Conference will feature the edible mushrooms of the Pacific Northwest. Expert mycologists Paul Kroeger and Judy Roger will instruct on the identification of delicious wild mushrooms and professional chef Michael Blackwell and Patrice Benson will lead workshops and lecture on the preparation and preservation of the edible fungi of forest and field.

The event also includes guided field trips, lectures and Marie Heerken's art of myco pyrography workshop. Maggie Rogers will present the cookbooks and field guides available to inspire and assist mushroom chefs and identification students.

For reservations and info, call (503) 854-3320.



David Warner and Associates

2110 Harris Court Santa Rosa, CA 95401

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Fax: 707.544.3284

Email: info@davidwarner.org

Sonoma County Mycological Association Questionnaire 2006

Help us chart the future of the Sonoma County Mycological Association by filling out this questionnaire and by attending the SOMA retreat on Sunday, November 12, at 9 AM. If you're unable to attend the retreat, please fill out the questionnaire anyway. We'd like to hear from as many members as possible! Please send your *legible and anonymous* responses to:

David Warner and Associates
2110 Harris Court
Santa Rosa, CA 95401
attn: SOMA Survey

Important! Responses must be received by Monday, October 23! Please don't delay this urgent and important task!

1. Why do you enjoy mushrooming?

2. In what ways does SOMA help you maximize that enjoyment?

3. In what ways does it not?

4. What do you think SOMA's fundamental purpose should be?

5. What do you think it is now?

6. What are your greatest hopes for SOMA's future?

7. What concerns do you have about SOMA's future?



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Sonoma County Mycological Association Questionnaire 2006

Please provide any additional comments:

SOMA Membership Application and Renewal Form

THE SOMA PLEDGE

Regardless of what others may think of me, I wish to become a member of the **Sonoma County Mycological Association**; a non-profit 501(c)(3), educational society, dedicated to the mystery and appreciation of local fungi.

NAME

DATE

STREET or P.O. BOX

APARTMENT #

CITY

STATE

ZIP

HOME

WORK

PHONE

EMAIL

- New member
- Please change my mailing label and membership roster info
- Please do not release my information outside of the club

Please indicate below, any particular areas of interest or committee functions you may like to serve:

Membership dues are \$20 per household, and run a full fiscal year from time of application or from the date of expiration if renewing early. Please make checks payable to SOMA.

Return this form with your check to:

SOMA
P.O. BOX 73
Cotati, CA 94931-0073

Check out the **SOMA website**
for fabulous member benefits!

SOMAmushrooms.org

SOMA RETREAT: SUNDAY NOVEMBER 12

Bill Hanson

“ You’ve got to be very careful if you don’t know where you’re going, because you might not get there.”

– Yogi Berra

Where are we going as a club? Where do we want to be five years from now? In what ways do we want to be different? In what ways do we want to be the same? What issues are important to us? Don’t miss out on your opportunity to help determine SOMA’s future!

Please join us on Sunday, November 12th at 9 AM at the Old Harmony School in Occidental, as we seek to articulate a clear vision for the future of our great club.

This lively and engaging half-day session will be facilitated by David Warner and Associates, specialists in Organization Development and Training. The day will include a nice potluck lunch and a foray in nearby Westminster Woods.

Start participating now! Included on pages 5 and 6 in this newsletter is a questionnaire. Please fill it out as soon as possible and mail it—**anonymously, please**—to David Warner (address on the survey letterhead) **not later than October 23rd**. The results of this survey will be used to begin our conversation at the retreat.

Your participation in this process is key to the success of this project and vital to the future of our club. Besides, we’re going to have a whole lot of fun! The Board of Directors are excited about this event and hope you will support this effort.

Please mail the questionnaire, and we’ll see you on November 12. Your input on the survey is needed—attendance at the retreat is not a requirement.

RSVP your attendance for the retreat to Bill Hanson at div4ab@pacbell.net or (707) 837-8028.



SOMA News

P.O. BOX 73
Cotati, CA 94931-0073

SOMA Members

The October Issue of
SOMA News has arrived!

SOMA usually meets on the third Thursday of the month throughout the year (September through May), at 7:00 PM, at the **Sonoma County Farm Bureau**, 970 Piner Road, Santa Rosa, California.

Fungi are displayed at 7:00 PM, and speakers begin at 7:45 PM. Bring in your baffling fungi to be identified!

Directions to the Sonoma County Farm Bureau

Coming from the south

- Go north on **Highway 101**.
- Past Steele Lane, take the **Bicentennial Way** exit.
- Go over **Highway 101**.
- Turn right on **Range Avenue**.
- Turn left on **Piner Road**.
- At about 1/4 mile, turn left into parking lot at **970 Piner Road**.

Coming from the north

- Go south on **Highway 101**.
- Take the first Santa Rosa exit, **Mendocino Avenue**.
- Stay on the frontage road, (it becomes Cleveland Avenue after you cross Industrial Drive).
- Turn right on **Piner Road**.
- At about 1/4 mile, turn left into parking lot at **970 Piner Road**.

970 Piner Road is marked by a star on the map at right.

