



SOMA News

VOLUME 21 ISSUE 4

December 2008

*SOMA IS AN EDUCATIONAL ORGANIZATION DEDICATED TO MYCOLOGY.
WE ENCOURAGE ENVIRONMENTAL AWARENESS BY SHARING OUR ENTHUSIASM
THROUGH PUBLIC PARTICIPATION AND GUIDED FORAYS.*

2008/2009 SEASON CALENDAR

December

Dec. 12th »

Sonoma County Farm Bureau
The fabled Mid-winter
Mushroom Potluck Feast

January

Jan. 15th » Meeting—7pm

Sonoma County Farm Bureau
Speaker: Gary Lincoff

Jan. 17th—19th »

The Mushroom event of the year or any
year:

**THE 12TH ANNUAL
SOMA WILD MUSHROOM CAMP
GARY LINCOFF!
AND DANIEL WINKLER!**



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.

**NOTE: Always be 100% certain of
the identification of any and all
mushrooms before you eat them!**

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

FEAST OF THE MONTH

**Friday, December 12th
7 PM at the Farm Bureau**

It's time for the annual **SOMA Wild Mushroom Potluck Dinner!** Every month during
the season we have a foray with a potluck afterwards and the eats are always **great!**
But the Wild Mushroom Potluck is different. This is for **members (and their guests)**
only, and the members pull out all the stops creating wonderful mushroom dishes.
As always, we require a specimen of the wild mushrooms used in the dish and we
provide a detailed information tag to inform people of the ingredients used in preparing
your dish. If you'd like to fill out the ingredient information in advance, see the Potluck
Dish Information form on page 8. We will have extra copies to be filled out at the potluck,
if needed. Be sure to bring your own place setting, Hope to see you there!

PLEASE NOTE:

No formal club foray this month. Foray with friends and bring to the potluck.

The club foray location is to change to Woodside Campground in Salt Point!!
See details page 2.



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SOMA's *Amanita muscaria* logo by Ariel Mahon

PRESIDENT'S LETTER

Dispatch from the duff

It appears November is the month for the start of "SOMA Season" and excellent opportunities to gather. Our speaker, Glenn Shepard, attracted a group of 70 people. It was standing room only at the Farm Bureau Thursday night the 20th. Glenn did not disappoint the audience. He reviewed his travels, studies and discoveries in an excellent presentation that kept everyone's interest to the conclusion. His ear for languages and the English translations were as interesting as his presentation on native population's mushroom collecting and consumption. Glenn has a difficult US travel schedule that will end on the East coast before returning to Brazil in ten days. We wish him well and hope he will return to speak at SOMA meetings again.

Another large group, about 75 folks, made it to Salt Point State Park on Saturday the 22nd in anticipation of a productive day in the woods. Although the quantity of edible mushrooms was low, there were many specimens of interest that were in excellent shape. This became an opportunity for the least experienced and newer members to learn a great deal about mushroom identification in a short period of time. Many thanks to Aaron Miller, Michael Miller, and Tim Horvath, who stepped forward and filled in as Foray Leaders on very, very short notice. Their timely assistance started the day on a very good note and allowed this writer to decompress quickly. Many thanks to Amy who brought her camping stove and prepared a hot dish for lunch. It was delicious and enthusiastically consumed in no time at all.

As we all are aware, SOMA Camp preparations are underway and appear to be on schedule. This year, we think the silent auction should be expanded and include more items for possible bids. We invite members to donate items, make any suggestions to improve the auction, and volunteer during camp to help with the setup and auction process. Please contact any Board Member to answer questions you may have.

Best regards,

-Jim Wheeler

Sebastopol
collection in
1/2 hour—17.4 lbs.
Some soggy and
shot, some great.
11/27/08



FORAY OF THE MONTH

PLEASE NOTE!

Members are encouraged to foray on an ad hoc basis in December to collect for the potluck.

The next organized club foray (aside from camp) will be in February. Look next month for details.

FORAY LOCATION TO BE CHANGED:

Future club forays will be in the Woodside Campground public area which is central in Salt Point State Park almost directly across from Gerstle Cove Campground. We have outgrown Fisk Mill Cove and we have to pay for parking in any event. So Woodside it will be unless this proves unworkable.

Red gilled Ecstasy at Breitenbush 2008

The mushroom dyeing workshop at "The Breitenbush Mushroom Gathering ~ 2008", was held in the afternoon of the first day of the conference. Consequently there was that not much opportunity to collect many dye mushrooms ahead of time. But what was found was a perfect mirror of the intense Fall color of the broadleaf maples, oaks and vine maples in the woods surrounding steaming Breitenbush Hot Springs.

Many fresh autumnally colored *Phaeolus schweinitzii* ("dyers polypore") were found in abundance around Breitenbush Hot Springs - some young with yellow rims, others without. All were broken up into small chunks and added together into the dyebath. Four dye-baths later, the dye-pot was still yielding strong color in the "after-baths"!

A few perfect brilliant red-orange *Hypomyces lactifluorum* ("Lobster mushroom") were found and we peeled off the bright orange outer skin which is reputed to contain anthraquinone pigments, and used those peelings for the dye. This was one of the dyes that we processed by having the dyebath in a wide-mouth Mason glass jar, (stuffed with mushroom bits and fiber samples), in the boiling canning kettle for 55 minutes. In order to heighten the hues, we added a dollop of white vinegar (changing the pH from 6 to pH4) and decided to let the wool and silk fibers steep overnight to intensify the apricot gold colors.

The only dye color to emerge from *Gomphus clavatus* was violet on wool and silk fibers pre-mordanted with iron. Alum pre-mordanted fibers showed no change in color. The dye group decided that the color was deep enough after the fibers were submerged into the hot dye for only 8 minutes! This was another one of the dyes that we processed by having the dyebath in a wide-mouth Mason glass jar in the boiling canning kettle.

In subsequent forays, after our workshop, more dye mushrooms began to appear, even the highly sought-after **red-gilled *Dermocybes!*** Some of these we are STILL trying to identify, (Darvin and Dimitar are pretty much convinced that they are *Dermocybe sanguinea* and I have posted some of the photos



and dye results at <http://www.mushroomsforcolor.com/BreitenbushMushroomDyes.htm>

The next day, right before we were scheduled to leave, I was guided by a local Breitenbush habitué to another group of the same species the next day. These specimens were found growing on decaying (cubicle brown rot) Douglas fir stumps and logs, actually growing OUT of and IN the wood, specimens emerging between the bark and the cambium layer. (I had never seen that growth habit in a *Dermocybe* before. The area had been logged by the F.S. about 26 years ago, so it was second growth woods of Douglas-fir, hemlock and some Grand fir as well as pines (sp?) that had been introduced. There were piles of burned wood nearby. Undergrowth in the area included *berberis*, *cornus*, bracken fern, blueberry, and creeping manzanita around the burned area where the mushrooms were found. Within 2 feet of these red con-colorous *Dermocybes* were also growing flushes of *D. semi-sanguinea*, *D. phoenicea* and several sp. of orange and yellow-gilled

dermocybes – all within arms' length or each other, all intermixed in the duff. Imagine me (or not) crawling around on my hands and knees, cries of excitement and moans of ecstasy as I embraced each new clump of red gilled mushrooms! Not growing in moss, and no spruce nearby. But, ONLY the all-red *Dermocybes* were growing on/out of the wood. The gills had a shimmering red iridescence, tending more toward red-orange tones rather than the deep clear red of the *D. sanguinea* that I have previously collected in Sweden and Finland. Another flush of these red beauties had been found a day earlier by the foray group led by Susan Libonati-Barnes in a similar habitat at a higher elevation of 4000 ft, with lodgepole pine nearby, but in the same type of habitat – growing out of cubicle brown rotting Doug fir with burned wood debris nearby. An on-the-spot dyebath experiment (boiling water poured over a chopped up cap), produced the same colors on premordanted (alum=red and iron=purple) wool and silk that are routinely produced from *D. sanguinea*, *D. semi-sanguinea*, and *D. phoenicea*.

Next time we'll have the dye classes AFTER the forays! But at least I know where to go look ahead of time!

SOMA Wild Mushroom Camp is Coming!!

Dear mushroom lovers!

SOMA Camp is the annual gathering of mushroom enthusiasts sponsored by the Sonoma County Mycological Association.

This three-day weekend is held **January 17 - 19**, and is packed with activities, lectures, and workshops focused on learning about wild mushrooms.

This year's Featured Speaker will be Gary Lincoff.

Camp Fees are \$300 for full weekend and \$245 with offsite lodging. Kids under 13 are \$245, onsite; \$200 for offsite lodging. Sunday only costs \$135.

Fees include all meals, classes, and workshops, and great mushroom camaraderie!

Onsite lodging is in shared, spacious, modern cabins set amongst 225 acres of tan oak, madrone, redwood, and Douglas-fir.

There are two Ways to register: Go to

<http://somamushrooms.org/camp/camp.html> and: 1.) Register directly online, using PayPal, or 2.) Download a registration form and mail in with a check to the Camp Registrar

Hope to see you there!!!

Dorothy Beebee





I awoke this morning at the end of an extraordinary event in that my brain was Googling itself. Think about that as if it was happening to you.

Documents, file folders, jpegs, streaming videos, etc., all being frantically leafed through. A Moebius strip search of cranial innards was taking place. I imagined standing by an open metal file cabinet full of thousands of file folders and frenetically, and twisty upside down roller coaster-like going through them, front to back in the drawer, quicker than possible, checking with every bitty detail of a life. Strange.

I also realized that during that event a hunt for the Google off-switch was taking place. None existed so I woke up.

Now that that is off my mind we can look at this month's column. Weird, weird, porcini season. Only recall a few-at most-in the past 20 years like this one. As of this writing (11/15) no one has reported to me or on the Internet any good picking.

Traditionally (as one might describe it) Thanksgiving week has produced the most prolific poundage of porcini up on the North Coast. Maybe we are now too early but with the recent hard rains inquiring minds thought that we should be seeing a pile of those puppies.

Perhaps this is a result from over-picking last year.

Not. It would be really bad science to "determine" that effect. But I suppose some are. A mushroom purveyor posited yesterday

(11/22) about whether the long and dry spell prior to this season has had consequences. Truth is we really don't have enough good data to "prove" anything. This reporter certainly does not.

With all that rain Oregon has been producing so many mushrooms that one could get envious of up there. Except for all that rain.

Today (11/23) there are reports from north of Anchor Bay that boletes are fruiting although not in big numbers.

Perhaps this year we can be mindful of carbon emissions, gas prices, etc, and plan on fewer trips to pick. Or carpool more. Oh wait-native Californians have an innate birthright to travel alone. And often.

Here in the country south east of Cotati a new neighbor just moved in with three, small, yapping dogs. A hog wire fence separates the properties and these little hyper canines with their curly, hair squeeze right through and start sniffing around with their teeny noses and wiggly ways. For over a year (guessing) or so my Australian Shepherd has buried his treasures around our place free from any thoughts of his spots being discovered by another digger. I've noticed that he is now obsessively moving them and going into new territory to prevent these newbies from discovering his patches. Is there a metaphor here?

I think there is no metaphor nor analogy nor allegory for the recipe that follows. It is what it is, dudes and dudass.

CLIP & SAVE

Porcini On Toasted Bread

Serving Size: 4 Preparation Time : 0:35

Amt/Meas	Ingredient	Preparation Method
½ Can	porcini mushrooms, dried	
8 Slices	rustic bread	
6 Tbl	extra virgin olive oil	
6 Oz	mushrooms, fresh, any good mix	
1 Ea	egg	
6 ½ Tbl	whole milk	
1 ½ Tbl	Grana Padano or other similar cheese	grated
1 Tbl	Italian parsley	minced
2 Cloves	garlic, medium	minced
6 Ea	sage leaves	minced
6 Ea	sage leaves, whole	
2 Oz	Fontina (Val d'Aosta) or similar cheese	thinly sliced



1. Rehydrate the porcini in hot water until soft--about 20 minutes. Strain and rinse. Reserve the liquid (after straining if the mushrooms are dirty). Chop the porcini.
2. Heat oven to 450. Put the bread slices on a sheet pan and drizzle with 2 tbl of the oil. Bake about 5 minutes--until golden brown. Remove from the oven and set on the open door.
3. Beat the egg with the milk, cheese, salt and 1 tsp of the parsley. Set aside.
4. Sauté the other mushrooms in the remaining oil with the porcini. Cook for 5 minutes and add the soaking liquid and reduce au sec. Add the garlic, salt, pepper, minced sage and remaining parsley and cook 5 more minutes. Stir in the egg mixture and remove from the heat.
5. Evenly place the this mixture over the bread. Evenly top each with the Fontina,
6. Put the pan under a preheated broiler and cook until crusty--about 3-4 minutes. For service--place on platter and garnish with more parsley sprigs and the remaining sage leaves.

This serves 4 heartily as an appetizer

FORAY REPORT FOR NOVEMBER

Lots of mushrooms were found and a list should appear in the next SOMA News (*Like here?*). Of special interest were the following two odd balls!

Agaricus diminutivus
Pulveroboletus ravenelii

Darv

SOMA Science Advisor
SOMAmushrooms.org

Agaricus diminutivus Peck
Agaricus praeclaresquamosus A.E. Freeman
Agaricus subrutilescens (Kauffman) Hotson & D.E. Stuntz
Agaricus xanthodermus Genev.
Amanita calyptroderma G.F. Atk. & V.G. Ballen
Amanita constricta Thiers & Ammirati
Amanita franchetii sensu H.D. Thiers
Amanita gemmata (Fr.) Bertill. (1866)
Amanita muscaria (L. : Fr.) Lam.
Amanita pachycolea D.E. Stuntz
Annulohyphoxylon thouarsianum (Lév.) Y.-M. Ju, J.D. Rogers
& H.-M. Hsieh

Armillaria solidipes Peck
Boletus chrysenteron Saint-Amans
Boletus edulis var. *grandedulis* Arora & Simonini
Boletus pulcherrimus Thiers & Halling
Cantharellus formosus Corner
Caulorhiza umbonata (Peck) Lennox
Chalciporus piperatus (Bull.) Bataille
Clavulina cristata (Holmsk.) J. Schröt.
Clitopilus prunulus (Scop.: Fries) Kummer
Crepidotus
Entoloma rhodopolium (Fr.) P. Kumm.
Fomitopsis cajanderi (P. Karst.) Kotl. & Pouzar
Fomitopsis pinicola (Sw.) P. Karst.
Gomphidius oregonensis Peck
Gomphidius subroseus Kauffman
Gomphus clavatus
Gomphus floccosus (Schwein.) Singer
Gymnopilus spectabilis
Hydnellum aurantiacum (Batsch) P. Karst.
Hydnum repandum (L. Fr.)
Hygrophoropsis aurantiaca (Wulfen) Maire
Hygrophorus erubescens (Fr.) Fr.

Hypholoma fasciculare (Fr.) P. Kumm.
Hypomyces chrysospermum
Inocybe
Laccaria amethysteo-occidentalis G.M. Muell.
Lactarius deliciosus (L.) Gray
Lactarius rubidus (Hesler & Smith) Methven
Lactarius rubrilacteus Hesler & A.H. Sm.
Lactarius xanthogalactus Peck
Lentinus lepideus
Lenzites betulina (L.) Fr.
Lepiota magnispora Murrill
Lepiota sequioarum
Leptonia
Leucoagaricus barssii
Lyophyllum decastes (Fr.) Singer
Marasmius calhouniae Singer
Mycena alcalina
Mycena galericulata (Scop.) Gray
Oligoporus fragilis (Fr.) Gilb. & Ryvarden
Phaeocollybia
Phaeolus schweinitzii (Fr.) Pat.
Psathyrella candolleana (Fr.) Maire
Pulveroboletus ravenelii (Berkeley & M.A. Curtis) Murrill
Ramaria
Rhizopogon parksii
Russula amoenolens Romagn.
Russula brevipes Peck
Russula brunneola Burl.
Russula cascadiensis Shaffer
Russula cremoricolor Earle
Russula olivacea (Schaeff.) Fr.
Sparassis crispa (Wulfen) Fr.
Stereum complicatum
Suillus brevipes (Peck) Kuntze
Suillus caeruleus A.H. Sm. & Thiers
Suillus ponderosus A.H. Sm. & Thiers
Suillus pungens Thiers & A.H. Sm.
Trametes versicolor (L.) Lloyd
Tricholoma myomyces (Pers.) J.E. Lange
Tricholoma pardalotum
Tricholoma saponaceum (Fr.) P. Kumm.
Tricholomopsis rutilans (Schaeff.) Singer
Vascellum pratense

Mushrooms and the Theory of Relativity

Nancy Jo Wood © 2008

A Week in the Life of NJ Wood

Anyone who walks the path of the mushroom knows that time is not fixed. The spore time line disappears and reappears. This poses the question: Do mushrooms time travel?

In a waiting area at Kaiser Hospital a textile periodical dated 1980 sits. Inside, a surprise ad for a book by Dorothy Beebee. Price: \$8.95. Illustrating how our human time travel stutters. Although we usually think it hums along doing our mundane tasks such as going to a large building for an appointment of time.

An hour walk along the roadway in Armstrong Woods among the old trees on soil that is thousands of years old reveals delight in the details. A beautiful mushroom group with an edge of hand sewn black threads. What are those?! A few steps further down the road there is a ruffled felt dyers polypore. Another twenty feet, some common mycena seem to say "Oh no, we're always here". Same place same time. Perhaps it would be more appropriate to say it's a stitch in time.

The theory of relativity is over 100 years old. Time is not a constant, light can bend, and energy is generated from any mass displaced. Newton, Galileo, Copernicus, and Einstein brought us this far.

We know mushrooms depend on soil, moisture, and light to trigger their growth. What don't we know about them? The light which operates our world, the light we depend on, will be bent July 21, 2009 during the next solar eclipse. Will the mushrooms do a little unison jump to skip this light rope?

A supine think tank with picnic culminates the week. This, after a dream that floats on that spongy plane of consciousness, the substrata soil of the mind. Quietly thinking, dreaming, and watching the wild mushroom. Trying to mimic the factoid that Einstein's laboratory was his mind.

So ponder the winter mushroom season humming Beethoven's 5th to the musical equation $E=mc^2$. Is that energy = mushrooms cooked x 2 glasses of wine?

Boost Your Immunity with Gourmet Mushrooms

From *The Herb Companion* magazine

By GINA MOHAMMED, Ph.D. August/September 2008

The shiitake mushroom proves looks aren't everything: What could be scruffier or more taciturn-looking as it hunkers down on your grocer's produce shelf? Don't be so quick to judge, though. This mushroom-with-an-attitude is a study in contrasts: earthy but ethereal, unimpressive but magnificent. It performs in a cast of potent fungi known as the medicinal mushrooms, which number more than 200 worldwide and include others of sterling repute, such as reishi and maitake. Unlike the Asians and Europeans who have cherished these mushrooms for millennia, we in North America are just beginning to discover their merits.

Medicinal mushrooms enhance the body's general resilience and vigor, stimulate the immune system, and confer antioxidant benefits. Since the 1960s, science has been catching up to tradition, and many clinical studies now demonstrate that these mushrooms do indeed shore up the body's defenses against such afflictions as cancer, infection and heart disease.

Stupendous Shiitake

Our friend the shiitake (*Lentinula edodes*) is one you've probably sampled. This mushroom's meaty texture and rich, woodsy flavor make it a culinary favorite in any dish calling for mushrooms, and it is especially good in meatless cuisine. Originally from China, shiitakes have been cultivated in North America since at least the 1980s.

Shiitake protects against certain cancers, tumors and infections—the latter through antiviral and antibiotic actions. How shiitake executes its anticancer campaign is not fully understood, but a constituent known as lentinan appears pivotal. Widely studied, lentinan from shiitake is an approved drug in Japan, used mainly as an adjunct to conventional cancer chemotherapy. Controlled clinical trials using injected lentinan with standard chemotherapy show it is effective against stomach, colorectal and prostate cancers. In 1999, a study published in *Hepatogastroenterology* found that lentinan increased one-year survival of gastric-cancer patients to 49 percent compared to no increase without lentinan. And a trial conducted at the Saitama Cancer Center in Japan reported that five-year survival of patients with metastatic prostate cancer was 43 percent with lentinan treatment versus 29 percent without it.

Shiitake is especially rich in lentinan, a complex polysaccharide of the beta-D-glucan family found in sources such as oats, barley, yeast, algae, bacteria and mushrooms. Beta-D-glucans stimulate the body's macrophages and other immune system weaponry to arrest cancer or tumor initiation, growth and spread. They also thwart bacterial, parasitic and viral pathogens, including those of AIDS and hepatitis B.

Is eating the mushroom itself as effective as taking lentinan extract? In a therapeutic sense, probably not, since levels found in whole foods typically are lower and more variable than from controlled botanical extracts. But long-term benefits can accrue by eating the mushrooms as a component of a balanced diet, especially considering that shiitakes (and other medicinal mushrooms) contain minerals, vitamins, proteins and other beneficial chemicals, including linoleic acid and ergosterol, which help lower cholesterol and the risk of arteriosclerosis.

Marvelous Maitake

Maitake (*Grifola frondosa*), also known as "dancing mushroom," might have gotten its name from a time long ago when people who found them reputedly danced for joy—not surprising, considering these treasures were worth their weight in silver! Found in the northern temperate forests of Asia and Europe,

eastern Canada and the northeastern United States—and cultivated increasingly in North America—maitake is much in demand by chefs and gourmards for its sublime taste and texture and its distinctive, earthy aroma. It is equally pursued for its medicinal prowess.

Maitake, like shiitake, is an immune booster and cancer fighter. Extracts of its beta-D-glucans administered with whole maitake powder and standard chemotherapy promoted cancer regression or significant symptom improvement in 58 percent of liver cancer patients, 69 percent of breast cancer patients and 62 percent of lung cancer patients (but much less in patients with leukemia, stomach cancer or brain cancer), according to a 2002 report in *Alternative Medicine Review*. Other clinical studies show that the extracts increase production of interleukin-12, which activates the body's natural killer cells. Many additional benefits have been indicated for maitake, including possible regulation of cholesterol, diabetes, high blood pressure, viral infection and liver disease.

The Role of Reishi

A rare find in the wild, the Asian reishi (*Ganoderma lucidum*) mushroom is so bitter you won't want to bite into its cap. And even if you tried, it would be too woody. In fact, reishi's polished hardness and bonsai-evoking appearance has made it a prized shelf ornament. But its medicinal properties have won many North American fans, who readily acquire imported reishi from China. The mushroom is traditionally sliced and simmered for tea or boiled in soups, then the pieces are discarded.

Reishi's bitter properties are due to its rich supply of terpenoids, elite plant chemicals that can work as antioxidants, immune-system stimulants, blood pressure regulators and anti-cholesterol agents. Reishi's terpenoids include ganoderic acid, ganaderiol and lucidumol, all with antiviral properties. Together with its other constituents—coumarins, which are natural blood thinners; phospholipids, which are anti-inflammatory and nerve protective; and the beta-D-glucans—reishi stocks a comprehensive medicinal cabinet that may well render it the mushroom of choice for health.

Dried reishi powder has been a popular anticancer agent in China since ancient times. A review in *Integrative Cancer Therapies* indicates that it deters even highly invasive breast and prostate cancer cells from spreading and becoming established in the body. And a clinical study from *Immunological Investigations* found that patients with advanced-stage cancer showed improvements in their immune responses when treated with reishi polysaccharide extracts for 12 weeks.

Even in healthy people, reishi boosts antioxidant capacity, as demonstrated in a recent study published in the *International Journal of Food Sciences and Nutrition*. This study showed that patients receiving either 10-day supplementation with encapsulated reishi (0.72 grams daily, equivalent to about 6.6 grams of fresh mushroom) or a single dose of 1.1 grams had an acute spike in plasma antioxidant capacity, without apparent toxic effects.

As an aid to healthy aging and longevity, reishi also helps detoxify the liver, prevent arteriosclerosis and manage Alzheimer's disease (for which a Japanese reishi product has been patented). Other studies demonstrate anti-allergic, anti-inflammatory and antibacterial actions—and the research continues. With all these dividends, reishi may be one bitter pill you will want to swallow.

Getting the Best

These special mushrooms are available fresh, dried, canned, powdered or in extracted forms from supermarkets, health-food

(Continued on page 7)

(Continued from page 6)

stores and mail-order sources. As a general health supplement, try a daily serving of about 5 grams of dried reishi or maitake (about 1 medium mushroom) or 5 to 15 grams dried shiitake (1 to 3 mushrooms).

For best results, remember these tips when buying and using medicinal mushrooms:

Before using dried mushrooms, soak them in lightly salted or sugared hot water or stock for about an hour. Powders and extracts should be used according to package instructions and the advice of your health-care provider. (Warning: Mushrooms can interact with some over-the-counter and prescription drugs; check with your health-care provider.)

Store fresh mushrooms in paper bags in the coldest part of your refrigerator, and eat them within seven days of purchase. Canned mushrooms last about a year, while dried ones sealed in plastic and stored in the freezer can last indefinitely.

If possible, choose mushrooms grown on natural wood logs rather than sawdust. You will pay more for log-cultured mushrooms, but they tend to taste better, last longer and shrink less during cooking. Their medicinal quality should be better, too.

Tough Living Makes Mighty Medicine

Why are medicinal mushrooms so gifted? Their strength comes from doing one of the most arduous jobs in nature—digesting dead or dying hardwood trees like oaks, elms and plums. Shiitake, maitake and reishi are wood composters that infiltrate tough tree trunks and roots using threadlike fingers, called mycelium, to digest and recycle nutrients back to the forest floor for the next generation of plants. Mushrooms are the fruit bodies that sprout when growing conditions are sufficiently cool and moist.

To do their job, these fungi must outcompete other fungi and microbes while dismantling the vast chemical complex of the tree. They must be aggressive yet defensive, a feat accomplished through biochemical combat. Harvested mushrooms possess potent bioactive chemicals, as well as nutrients gleaned from the tree. The button mushrooms commonly sold in supermarkets are far less competitive in nature and less active medicinally.



All California Club Foray

January 30 - February 1, 2009

Join an intimate gathering of California mushroomers for the third biannual All California Club Foray in Albion, CA. This foray is scheduled during the heart of the winter mushroom season, and close to excellent mushroom habitat. Lodging was completely renovated one year ago and now includes many amenities. Meals and the company will be divine! Best of all, the price is right: Friday night through Sunday noon includes all meals and lodging, guided forays and evening entertainment for only \$135 per person.

Sponsored by the Bay Area Mycological Society, this foray will be geared towards taxonomists, but any California club member or member of NAMA is welcome to attend. Judy Roger, Oregon Mycological Society and NAMA Executive Secretary, is foray mycologist.

Sautéed Shiitake and Bok Choy

Makes 2 servings

Rev up your immune system with this delicious, easy to prepare dish. Note: Maitake mushrooms can be substituted for the shiitake.

- 1 teaspoon olive oil
- 1 large clove garlic, finely chopped
- 2½ cups Chinese bok choy, sliced into 1-inch segments
- 2/3 cup green onions, sliced
- 1 1/3 cups fresh shiitake mushrooms, caps only, washed and sliced
- 2 tablespoons shoyu soy sauce
- Steamed rice, Belgian endive and sliced avocado
- Heat oil in a skillet and cook garlic on medium-high for about 1 minute.
- Add bok choy, green onions, mushrooms and soy sauce, and sauté for 2 to 3 minutes until the bok choy greens are wilted.
- Serve with steamed rice, a few endive leaves and sliced avocado.

—Gina Mohammed, Ph.D., is a plant physiologist living in Sault Ste. Marie, Ontario, Canada.

Sources of Healing Mushrooms

- Earthy Delights, (800) 367-4709, www.earthy.com
- Fungi Perfecti, (800) 780-9126, www.fungi.com
- Gourmet Mushroom, (800) 789-9121, www.gmushrooms.com
- Marx Foods, (866) 588-6279, www.MarxFoods.com
- Mountain Rose Herbs, (800) 879-3337, www.MountainRoseHerbs.com
- Mushroom Harvest, (740) 448-7376, www.MushroomHarvest.com
- Mushroom People, (800) 692-6329, www.MushroomPeople.com
- Now Foods, (888) 669-3663, www.NowFoods.com
- Quality of Life, (877) 937-2422, www.q-o-l.com

The reference list for this article is extensive. For the complete list, [click here](#).

<http://www.herbcompanion.com/health/boost-your-immunity-with-gourmet-mushrooms.aspx>

Excerpted from *The Herb Companion* magazine. Read the full story at www.HerbCompanion.com or call (800) 456-5835 to subscribe. Copyright 2008 Ogden Publications Inc.

For more details, please visit <http://www.bayareamushrooms.org/forays/accf.html> or contact Debbie Viess at: amanitarita@yahoo.com or 510.430.9353

To allow couples, friends and families private rooms, registration will be limited to 60 people, so please book early. To reserve your space, send a check or money order (made out to BAMS) to:

BAMS
PO Box 164
San Leandro, CA 94577

Hope to see you there!
Debbie Viess and David Rust, BAMS Co-Founders



Western Morel Hunting

Posted by: "Gordon Callahan" gordon@gordoncallahan.com to the www.mawdc.org list. Date: Wed Jul 2, 2008 5:01 pm ((PDT))

I missed morel season in the Washington (DC) area this year. I was traveling in the western U.S. so I again forayed with the Mycological Society of San Francisco (MSSF). I've forayed with MSSF twice before, last year and about six years ago. All three times have been during morel season and all have been on their foray at the San Jose Family Camp, which is located just outside the eastern entrance to Yosemite. The previous two years I also went on forays with Wild About Mushrooms (WAM). These forays were the weekends following the MSSF foray but this year WAM didn't have a foray until three weeks later so I skipped it.

My previous western morel forays were reasonably productive. I probably got a little more than I get in an average year here but it certainly wasn't worth going to California just for the morels. The weather in much of California has been unusually dry this year, including the area around Yosemite, so this year was much worse. Everyone did terribly. I found a total of five morels in several hours of foraging.

Another person on the foray, Larry Stickney, had gone on a foray to a burn area in northern California the previous weekend. Western forests that burn frequently produce large quantities of morels the following spring. His group of six came home with over 100 pounds of morels after one day of collecting. Here's a picture of their finds:

(In case the picture gets deleted, it shows a huge pile of morels in the middle of a table, three full, or at least as full as you can carry without dropping your morels, grocery bags at each end of the table and one of the people standing behind the table holding another half-full grocery bag.)

Those bags on the table are all full, by the way. I believe the ones on the table belong to the two people on the right. Larry is in the middle of the back row.

Larry generously donated a bag of morels for someone to cook for dinner. He also generously shared information on where he found them. Other people from his group posted maps of the area with the roads they took and the areas they checked marked and with GPS coordinates of the turns and areas they collected. Since I thought I'd probably be in the area in the not-too-distant future, I wrote down the directions.

The area where they collected was about 12 miles south of the small town of Happy Camp, CA. I drove the 12 miles to find the Titus Creek Gap, just as Larry had described it. I parked and walked up the hill and within a couple minutes started finding morels. I collected for about five hours and found around 12 pounds. I drove back to Happy Camp and checked into a hotel. I had my dehydrator with me so I had a way to dry them, although they wouldn't all fit.

I went back the next day and got another 12 pounds or so. I continued collecting for five days. After the first couple days I got to know the manager of the hotel, the Forest Lodge. There were plaster morel sculptures in the gardens at the hotel and I correctly guessed she was a mushroomer.

I started cooking what wouldn't fit into the dehydrator with her every evening. Unfortunately, I never took a picture of a day's haul. I was getting back to the hotel too late and the light was fading.

After five days my feet couldn't take walking on the steep slopes any longer. I hated to leave behind so many mushrooms but I finally filled my cooler with dried morels and headed out. After I got home I weighed the dried morels from Happy Camp and

multiplied by eight to determine how many pounds of fresh morels I had collected. It came out to be 45 pounds.

Multiplying by eight is rather conservative so it could have been a bit more. We cooked another six or eight pounds. This is, by far, my best year morel hunting.

Before I left in late March I had read that Larry Evans was setting up some camps near a couple burn areas in Montana. I sent him an e-mail to get more details and found out the camps wouldn't open until June 1st. Morel season starts later in Montana. I was in Oregon around June 1st and decided to give it a try. Larry gave me directions to his house in Missoula, Montana and I arrived a couple days later. We cooked a good morel dinner, chatted and he put me up for the night. The next morning we headed to the Glacier Institute at Glacier National Park, one of the camps. Glacier Institute has rather nice cabins, bathrooms and showers. There is a kitchen area with refrigerators, stoves, sinks and cooking equipment. There was an optional meal plan and the Glacier Institute staff prepared the meals. In addition, we cooked morels every evening.

The evening after we arrived three other people were coming to foray with Larry. One of them turned out to be Albert Casciero. It's a small world.

It had gotten cold and rainy the day I arrived in Montana and stayed that way. I forayed for three days and collected a couple pounds a day, some of which was dried and some eaten fresh. Then I heard a weather forecast for snow. The next morning, as forecast, it was snowing heavily, making mushrooming impossible. I decided it was time to leave. I have since heard from Larry. It's gotten warm and the mushrooming has been terrific for a couple weeks. Timing is important.

POTLUCK DISH INFORMATION

NAME OF DISH

COOK'S NAME

CONTAINS

- MUSHROOMS. WHAT KIND? _____
- MEAT
- FOWL
- DAIRY
- SEAFOOD
- WHEAT
- EGGS
- NUTS
- SOY
- ALCOHOL
- REFINED SUGAR
- SPECIAL INGREDIENTS. PLEASE NOTE BELOW.

SOMA Membership Application and Renewal Form

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), Corporation dedicated to the promotion of the knowledge and appreciation of local fungi.



(Please Print) New Member Renewal

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone(s): Home: _____ Cell: _____

E-mail: _____

- SOMA will not share your info!
Date: _____
- \$25 for family membership (mailed SOMA News, plus website download if desired)
 - \$20 for family membership who do not require a mailed newsletter (**website download only**)
 - \$20 for seniors with mailed newsletter (60 years +) (plus website download if desired)
 - \$20 for seniors—**website download only**, (help SOMA and the environment out!)
 - \$250 for **Lifetime Membership** with website download!

I am interested in participating in the following activities (Check):

Culinary Group _____ Mushroom Forays _____ Cultivation _____

Mushroom Dyes _____ Mushroom Papermaking _____ Newsletter _____

Other ideas/comments: _____

SOMA
Checks to: P.O. Box 7147
Santa Rosa, CA 95407

www.SOMAmushrooms.org

YOU CAN NOW RENEW/JOIN ONLINE AT THE WEBSITE!

ANNOUNCEMENTS

VOLUNTEER FOR CAMP

It is time to think about volunteering at SOMA camp. Once again, we are asking all people who are volunteering to go on-line and register for camp. This year, there is a password protected link for this so please contact me for the information you need to log on. Please let me know what you would like to do. If you have questions about what types of things you can do, please let me know.

Each work trade is the equivalent of \$300 that the club would otherwise earn from a paying participant. Similar to last year, work trade activities will be tracked with an individual time sheet. This is done in an attempt to manage the large numbers of volunteers that do work trade and insure that each person does the minimum number of hours of work required. At the end of the event, I will collect the work trade time sheets and balance the books. Those who fall short will be billed at the rate of \$25 per hour. Many folks will work far more than eight hours. For these hard workers the club offers a heartfelt thank you for your extra effort.

A big part of our overhead is the nightly rack rate. If it is possible to sleep in your own bed or off site, consider that possibility. This will save the club the rack rate and/or we will be able to accommodate a full fare guest. Whether you have the ability to



Enthusiast, emeritus, extraordinaire, Larry Stickney, at SOMA Camp—2008.
See article facing page!

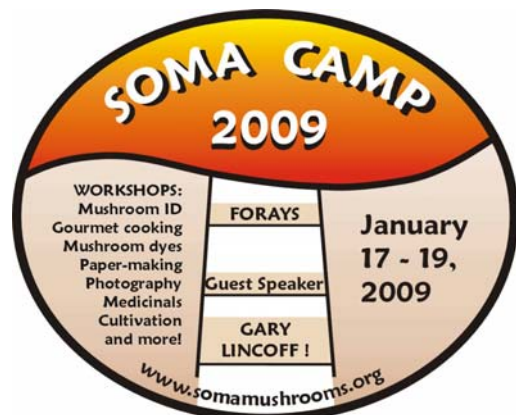
Deadline for the January 2008 issue of SOMA News is December 21st. Please send your articles, calendar items, and other information to:
SOMAnewseditor@SOMAmushrooms.org

stay off site or need to stay at the CYO camp please convey this to Linda Morris when registering for camp. New this year for those who volunteer and stay onsite is a fee of \$55. This is to help cover the costs of your bed charged by CYO.

We ask that all volunteers be members of SOMA. If you are not, you can register to be a SOMA member on-line. It costs \$20 per household per year to be a member if you get your newsletter electronically and \$25 if you want a hard copy. There is a registration form and information about SOMA on the website at: <http://www.somamushrooms.org/> Also, you can use Pay Pal this year if you would prefer it to sending in a check.

To all those who decide to volunteer, thanks in advance for all of your efforts. It is greatly appreciated by all of us.

Julie Schreiber
707-473-9766
julieschreiber@hotmail.com



SOMA News

P.O. Box 7147
Santa Rosa, CA 95407

SOMA
DIVINE MUSHROOM
OF IMMORTALITY
& Golden Wares



SOMA Members

The December Issue of
SOMA News has arrived!

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

Fungi are displayed at 7 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 Ave.
- Turn left on Piner Road.
- At about ¼ 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, Hopper Ave/Mendocino Ave.
- Stay left on the frontage road, (it becomes Cleveland Ave after you cross Industrial Drive).
- Turn right on Piner Road.
- At about ¼ mile, turn left into parking lot at 970 Piner Road.

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

