



# SOMA News

VOLUME 21 ISSUE 5

January 2009

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

## 2009 SEASON CALENDAR

### 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!  
Hurry, a few places left!!**

### February

**Feb. 19th » Meeting—7pm**  
Sonoma County Farm Bureau  
Speaker: Kathryn Harper

### March

**March 19th » Meeting—7pm**  
Sonoma County Farm Bureau  
Speaker: Maggie Rodgers



## EMERGENCY MUSHROOM POISONING IDENTIFICATION

After seeking medical attention, contact **Darvin DeShazer** for identification at (707) 829-0596. Email your photos to [muscaria@pacbell.net](mailto: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.

## SPEAKER OF THE MONTH

### Gary H. Lincoff

*“Appearance and Reality: Knowing what’s what and why in the fungi”*

**Thursday, January 15<sup>th</sup>  
7 PM at the Farm Bureau**

**G**ary H. Lincoff is the author of The National Audubon Society Field Guide to North American Mushrooms; co-author (with D.H. Mitchell) of Toxic and Hallucinogenic Mushroom Poisoning; and editor of Simon & Schuster’s Guide to Mushrooms; Mushrooms of Telluride; Eyewitness Guide to Mushrooms, and DK’s The Mushroom Book. He has led mushroom study tours to more than 30 countries and is the past president of the North American Mycological Association (1980-1986). He teaches botany and mycology at The New York Botanical Garden.

In addition, Gary is the consultant on and appears in the about to be released documentary “Know Your Mushrooms,” A trailer can be viewed at the link below:

<http://www.sphinxproductions.com/pages/mushrooms.html>



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

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Vacant

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SOMA's *Amanita muscaria* logo by Ariel Mahon

## PRESIDENT'S LETTER

Dispatch from the duff . . .

The annual SOMA Pot Luck Dinner has always been a successful event and this year the tradition continued. Visually pleasing dishes, wonderful aromas, terrific flavors, and good company made the evening a success. There wasn't much food left on the tables at the end, most folks went back repeatedly for seconds. Hats off to those who fired up the stove and made it happen. Although it took extra effort and ingenuity of a determined team to ignite the burners of the Farm Bureau kitchen, it was worth it and a number of dishes were enhanced because of it. We all look forward to next year's event with foreknowledge of the stove technology.

As you're probably aware . . . or not . . . December 2008 is the twentieth year since SOMA was established. Darvin DeShazer, the SOMA science advisor and a member of the founding group, reminded all of us of the date and of those who started the group. The anniversary was noted and toasted at the Pot Luck Dinner. Near the end of the evening, Patrick Hamilton spoke about the key factors for a successful organization and some of the things he has learned along the way. He pointed out that to **volunteer** is the most important part of membership. There are no significant criteria for a volunteer, only the willingness to take part and spend time with a friendly group of people.

You may not have heard this, but there was a member of our community who was widely known to suffer from a severe sleeping problem. The root cause was difficult to determine. On a visit to his physician he told him of the problem. "Doc, I can't sleep well, I have these alternating, recurring dreams. One night I'm a teepee, the next night I'm a wigwam, the next night I'm a teepee, the next night I'm a wigwam, over and over. What's wrong with me?" The Doctor answered, "Well (name withheld), it's simple . . . you're two tents. . . you need to relax! I suggest you join SOMA and become a volunteer".

Our neighbor joined SOMA, volunteered for the Board, learned the keys to mushroom identification, assisted in the Bookstore, met and married a fellow mycophile, led forays, helped at camp, soon slept well and became the relaxed, cool person you know today.

This is just one example of the many benefits that await SOMA volunteers.

So, please sign up today and give a hand in the Bookstore, on the Board, at forays, or at Camp, or at anything you would like to do, or could do.

Our aim is to carry on the traditions of SOMA for another twenty years or more.

Best regards,

-Jim Wheeler

P.S. Please forgive the pun . . . it was used in a moment of quiet desperation.

## FORAY OF THE MONTH

### PLEASE NOTE!

There will be numerous forays with mushroom illuminati leaders during SOMA Camp on Martin Luther King weekend in January (Jan. 17th — 19th). Locations are varied and interesting. There will be truffle hunts, trips to Salt Point State Park, Westminster Woods, Tomales Bay State Park, Point Reyes National Seashore, as well as several trips in the CYO hinterlands.

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 henceforth 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.



# SOMA CAMP MUSHROOMS TO DYE FOR

It's that magical time of the year again, when BAGS of mushrooms start mysteriously appearing unannounced on my doorstep...giant *Pholiota spectabilis* ("Laughing Jim"), *Pisolithus tinctorius*, *Phaeolus scwheinitzii*, ... and then there are the friends who come to the SOMA meetings bearing gifts – Anna Moore bringing red-to-dye-for-Dermocybes from Oregon, Tim Horvath offering bags of dried *Omphalotus olivescens* from over toward Sonoma, with their enticing promise of violet and green dyes (depending on the phase of the moon – sorry, Darwin!). SOMA Camp is going to have some colorful times up at Harriman Hall this year!

And speaking of SOMA Camp, Tina Wistrom is again going to teach the "Introduction to Mushroom Dyes", on Sunday morning, and then Sunday afternoon, I'll take on the "Advanced Dye - Open Studio" workshop for those folks who are already experienced with mushroom dyes and want to experiment independently with their own yarns, or try new mushrooms that have come in from the forays or play with pH changes at a creative level. I plan to have some new fibers for the advanced experimentation – mohair, soy-silk, hemp, and bamboo.

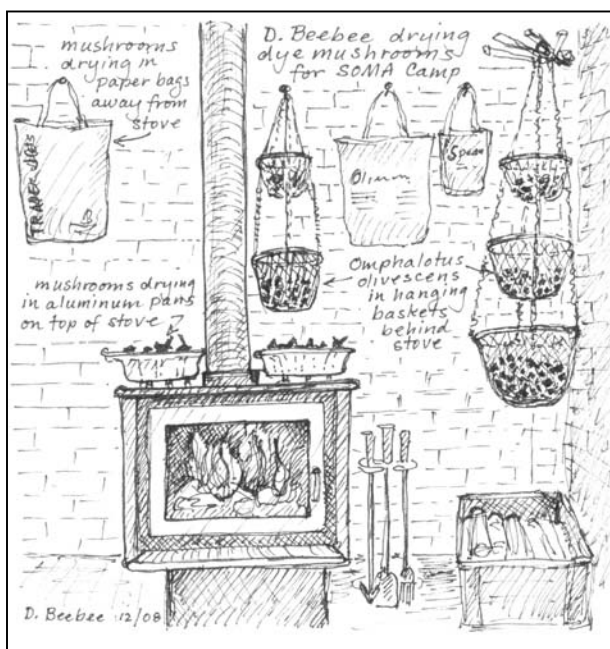
Also Sunday afternoon we are offering a whole new SOMA class in **FELTING** to be led by Marilyn Buss. She will lead a workshop on felting incorporating dyed yarns and fleece from the morning dye workshop. The emphasis will be on seamless felting around a form, creating a bowl or bag. This is very exciting for me to have these energized new instructors come into the fold.

Miriam reminds me that the "Dermocybes-to-dye-for" also start appearing about this same time in our area = particularly at Salt Point. We find *Democybe phoeniceus* var. *occidentalis* in mycorrhizal partnership with members of the heath family, such a salal, manzanita, and huckleberry, especially among the coastal pines of Sonoma and Mendocino counties. This particular

Dermocybe has such a distinctive coloration with a silky reddish-cinnamon-brown distinctly umbonate cap, brilliant almost iridescent red gills, and a somewhat fibrillose yellow/ochre stalk. It produces a lovely salmon-apricot without any mordant, rose-red dye using alum mordant on wool, or dark wine-maroon-red on wool and silk mordanted with iron. December and January are the ideal time for these favorites. We are suspecting that *Dermocybe semi-sanguinea* may also be keeping quiet unobtrusive company under the coastal pines as well, with a lighter brown silky cap hiding a dynamite scarlet red dye potential!

Another group of "Dermocybes-to-dye-for-but-difficult-to-differentiate" (the *D. cinammomea* and *D. malicoria* complexes) which I have found growing under pines both in Forestville, and Cotati, have bright or deep orange gills, silky cinnamon-brown caps often with remnants of a yellow cortina, and ochraceous-yellow stipes. They produce dye colors ranging from apricot and salmon hues to dusty rose on wool using alum mordants. The colors are greatly brightened by adding a dollop of white vinegar to the dye bath to lower the pH to acidic. I've noticed that the key element which differentiates these *Dermocybes* for other similar *Cortinarius* species, is an "opaque density" of the color in the gills, and Dr. Erik Sundström pointed out to me that those splotches of darker color sometimes seen in these gills, are indeed the actual pigments. Many of these

fungi contain anthroquinone pigments and are exceptionally light and color-fast. Look also for *Cortinarius californicus* for similarly colored orange dyes, but for brilliant red, search northern climes under spruce for the con-colorous blood-red *D. sanguineus*! (See last month's article about Breitenbush to see some "exceptions to the rule".... Thank heavens for the "exceptions to the rule" mushrooms to dye for!



# 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

**CAMP IS FILLING UP FAST!!**



(Strange Goings On)

**Y**ikes! How did that happen? Where did 2009 come from and where did all the others go? When one is in their 6<sup>th</sup> decade and (hopefully) heading for the next, time seems to stand still. Wrong (but it sounded good. As in "The Day the Earth Stood Still." I saw the original. In a theater. Probably for 25 cents.)

No—that's not it—time seems to leapfrog over itself. Sort of hopscotch down the chalked squares of life trying not to step on any lines. But if you do are there events erased by that? Do we know? How much have we forgotten compared to what's remaining in our craniums? And do we care?

And how to bridge those paragraphs above to the next one which, hopefully, will involve mushroom stuff? Well, what we do is start to write a sentence, fill it full of words, make it long enough to span the gap and see.

So—here we are. It worked. When I started to write foraging columns (back in the early 90's) the Internet was really infant and little information was exchanged on it by mushroom hunters but I had "my sources"—folks who would reveal to me what they'd been up to, and where, as long as I did not reveal too much detail. Now everyone blathers on so many groups about this find and that find so for me to come up with info you all haven't already heard about I make things up. Yes—little white lies.

A beautifully aromatic but heavy (76 pound) *Hericium abietis* fell from its roost in a red fir and knocked out Jim Trappe last week near his home in Corvallis, Oregon. He is recovering but still seems to speak (actually "babble") in tongues when describing a dinner I made for him once up there. Out in Pt. Reyes there was a report of a salmon-type run of *Sparassis crispa* around and up some Bishop pines and then back down. Weird. That map of my favorite and most best mushroom spots is still available for the

now-discounted price of \$15.95. We will be selling it at SOMA Camp. (Look for it near the book table.)

And "Now For the World of Mushrooms" (in commercial mushroom land—still something I might know a bit more about than the average Web user. . .): probably because of the severe cold up in Oregon the chanterelle season there is so far zilch; the porcini season is all but over; #1 And #2 matustakes are bringing at buying stations at the end of the day, \$14, and the season is moving along fairly well; a very few yellow feet; blacks are starting to show, but—again—even our winter mushrooms seem to not appreciate this recent cold period.

Internationally speaking: truffles are being sold on-line at Costco! It is the white Italian one, the Tuber magnatum "picco," 2 ozs. for just \$399.

I received a cell phone call yesterday (12/20) from a ridgeline in West Marin where a friend was picking some nice edulis buttons under madrones. Some queens and blewitts too.

Hal and Catherine posted some photos of Man on Horseback taken near Jenner. If you've never eaten this mushroom you need to go find some. Very, very, good. Look under pines where boletes were a few weeks ago. They can be very sandy so a thorough under-running water cleaning usually is indicated. (I remember back when organic food might come with a little slug or two attached and I didn't like that then nor do I like sand in my mouth.)

But what I do like to eat is good food and we SOMA folks do have a knack. And a good snack, brunch, lunch, or dinner side dish can be what was brought to our Christmas pot luck—Wild Mushroom Strata. It is the vegetarian entrée for Camp Big Deal Feast and I adapted it from a recipe in the SF Chronicle. This is a "base" dish that can be varied often.

CLIP & SAVE

Wild Mushroom Strata

Serving Size: 10 Preparation Time: 24:00 (active time 00:30)

| Amt/Meas | Ingredient                            | Preparation Method      |
|----------|---------------------------------------|-------------------------|
| 8 Ea     | Eggs, Lg                              | Beaten                  |
| 4 C      | Milk                                  |                         |
| ½ Lb     | Ricotta Cheese                        |                         |
| 2 Boxes  | Frozen Spinach                        | Squeezed Very Dry       |
| ½ Tsp    | Kosher Salt                           |                         |
| 1 Tsp    | Black Pepper                          | (Fresh cracked—always!) |
| 3 Tbl    | Extra Virgin Olive Oil                |                         |
| 2 Ea     | Onion, Lg                             | Chopped small           |
| 4 Cloves | Garlic                                | Chopped small           |
| 2 Lbs    | Mixed Mushrooms                       | Thinly sliced           |
| ½ C      | Italian Parsley                       | Chopped                 |
| ¼ C      | Porcini Powder (available, ask me)    |                         |
| 2 Tsp    | Oregano                               |                         |
| 2 Tsp    | Kosher Salt                           |                         |
| ½ C      | Dry White Wine                        |                         |
| 1 Lb     | Bread, Day Old, Thick Cut 1/2" slices |                         |
| ¼ C      | Parmigiano Or Pecorino                | Grated                  |



(Strange Goings On)

1. Oil a 200 hotel pan, or a large glass casserole dish, a bit to coat.
2. Mix eggs, milk, ricotta, and spinach. S & P.
3. Sauté onions in the oil until soft, add garlic, mushrooms, oregano, 2 tsp salt, pepper, and cook until mushrooms have lost most of their water. Add wine and parsley, reduce almost au sec. Set aside. Taste--add Worcestershire or Sauce Maggi if you want?
4. In the hotel pan (or casserole dish) arrange 1 layer of bread. Top with 1/2 the mushroom mix, then 1/2 the cheese mixture. Arrange remaining bread again, top with remaining mix. Cover, refrigerate overnight. If you can not, at least allow 4-5 hours for the bread to soak up the custard. Way better overnight.
5. Oven 350. Sprinkle grated cheese over strata and bake until puffed and golden (about 1 - 1¼ hrs). Allow 15 minutes before service.

Serving Ideas : may sauce with a porcini gravy or tomato based sauce.

SOMA CAMP 2009 PRESENTS  
**The Sunday Night Dinner**  
**"ITALIAN, AND WHY NOT?"**

Insalata (Salad)

**"VERDURE DOLCI E AMARE CON VINAIGRETTE DI AGRUMI"**  
**-SWEET AND BITTER GREENS IN CITRUS VINAIGRETTE-**

Portate (Entree)

**"COSTOLE MOBILI DI MANZO BRASATE LENTAMENTE CON SALSINA DI PORCINI"**  
**-SLOW BRAISED BEEF SHORT RIBS WITH PORCINI GRAVY-**

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**"STRATA DI FUNGHI SELVATICI"**  
**-WILD MUSHROOM STRATA-**

Contorni (Side Dishes)

**"TORTA DI RISOTTO CON FUNGHI E SALSINA PUTTANESCA"**  
**-MUSHROOM RISOTTO CAKES WITH PUTANESCA SAUCE-**

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**"CAVOLO BRASATO CON AGLIO E FUNGHI SELVATICI"**  
**-GARLIC SAUTEED CABBAGE WITH WILD MUSHROOMS-**

\*

**"FAGIOLINI VERDI COTTI AL FORNO CON TROMBETTE D'ORO"**  
**-OVEN ROASTED GREEN BEANS WITH BLACK CHANTERELLES-**

Dolci (Dessert)

**"BANANE CON SALSINA DI LIMONE E NOCE DI COCCO, FRUTTA SECCA ROSSA, LACTARIO  
RUBIDO DOLCETTI CON MANDORLE"**  
**-BANANAS WITH LEMON COCONUT SAUCE, RED DRIED FRUITS, ALMONDS OVER CANDY CAP  
COOKIES-**

Camp Executive Chef: Patrick Hamilton, a.k.a, "Mycochef"  
Chef de Cuisine: Jill Nussinow, a.k.a, "The Veggie Queen"  
Sous Chef: Caitlin Marigold Pastry Chef: Shelly Kaldunski,  
And The SOMA Culinary Group Chefs de Partie including  
Mark Todd, Robert Deny, Karen Kruppa, and Dee Dumont

(NOTE: WORKING MENU)



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## DO NOT MISS CAMP THIS YEAR

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SOMA Camp is filling up fast. Do not wait if you don't want to be disappointed. This year we have the good fortune to have Gary Lincoff return to Camp. If you have never heard Gary you are really in for a treat (...or even if you have!). Gary is well known for putting the "fun" into fungi. It is rumored that there will be an impromptu theatrical performance sometime during the Camp weekend led by this intrepid fungal fanatic (mushroom maniac, silly myceli??) The Sunday night presentation will be titled: ***"Having fun with fungicolous fungi - how to find things on mushroom display tables overlooked by everyone else"***, but one might expect zany script changes. This will be an experience not to be missed as you blissfully transmute the Sunday Night Feast.



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## ARTWORKS TO BE FOUND IN THE SILENT AUCTION

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Wonderful mushroom spore print artwork by local artist, alain bloom

i am an artist. my painting studio is in bodega. last winter i did a series of mushroom spore prints on hand made paper with field collected mushrooms from around sonoma county.

there are approximately 16 original one of a kind abstract spore prints on hand made paper, some with and some without painted elements, made over a 6 month period beginning in mid september 2007 through mid march 2008.

the difficulties of doing these prints is extreme. paper must be prepared in a way as to capture the mushroom spores before they eat through and destroy the paper. adding multiple spore prints on the same sheet of paper to effect an abstract balance must be done over a long period of time. the research for the narrow few moments when each mushroom drops its spores and the value time before the spores attack the paper and the mushroom itself decays is a frustrating yet exciting adventure.

alain bloom  
studio bodega now  
bodega, california  
707-484-3945  
[paradiseinmotion@hotmail.com](mailto:paradiseinmotion@hotmail.com)

This incredibly beautiful turned and hand-carved, pear wood bowl will be among the treasures to be found in the silent auction at SOMA Camp.

Artists: Joyce & Everett Beckwith



## MORE ARTWORK TO BE FOUND IN THE SILENT AUCTION

Steven Kalb has been blacksmithing for over 15 years and has had the privilege to study under some of the finest smiths on a statewide and national level. He has followed education in the craft throughout the country, attending classes at Peter's Valley, New Jersey, Penland Art School and John C. Campbell Folk Art School in North Carolina. Steven was also awarded the Red Wing Craftsman of the Year in 2005.

He has also held offices in the Florida Artist Blacksmith Association in his goal to educate others and spread the word of blacksmithing. Giving back to the community is important to Steven. He donates his art to the American Heart Association's Heart Ball on a yearly basis. He also volunteers on weekends at the Koreshan State Historic site where he has a coal forge to do demonstrations.

When he is not blacksmithing, he is a firefighter/ engineer for the San Carlos Park (Florida) Fire and Rescue district. Steven is married to his wonderfully supportive and tolerant wife, Elizabeth. They have no children, opting to chase two cats and each other around the house.

Statement from the sculptor:

It is my goal to educate the public to rare and endangered species through metal sculpture. I use traditional blacksmithing methods to make my emulations of these wonderful species. Instead of someone trying to collect a rare plant from the wild I

offer my emulation of it in bloom that they can appreciate it over generations. I use recycled steel whenever possible, and use environmentally sound practices in the production of my art. Together, we can make a world of difference one hammer blow at a time.

Blacksmithing is honest. There is an integrity to something that is made by hand. I like to shape and forge organic elements into my sculptures. My goal is not to copy the shapes I see, but to get their feeling into the steel I work. I like to look at things from differing view-points. My favorite sculptures are those that I create which have lighting elements in them. During the day you can see the color and the detail that I put into each and every piece, but at night it is when the candle flickers making long shadows along the wall. These images bring me to a primal thought pattern like viewing a cave painting made 4000 years ago. In this light art comes alive and new realities form. All my mushroom sculptures also include something else very special that only the owners and myself will know about. I

am also proud to use recycled metal as much as possible and strive to include Green technologies into the workplace.

Thanks for your interest and have fun!

Steven

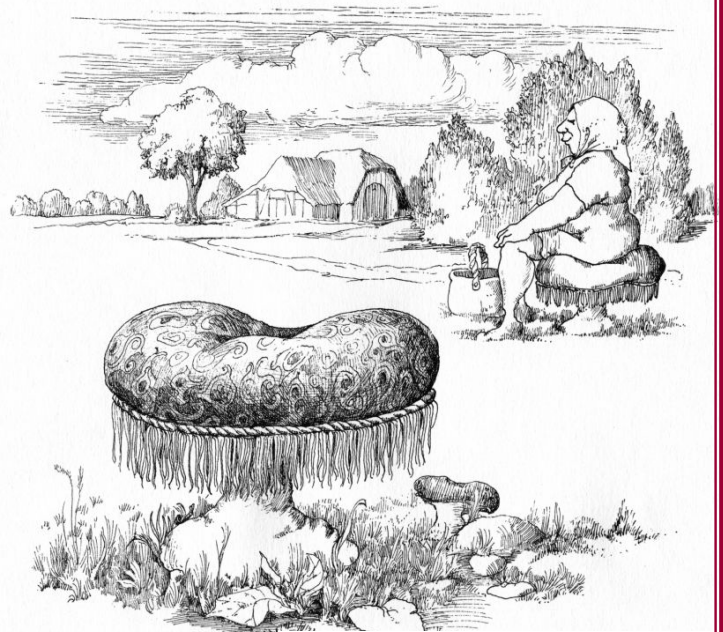
<http://www.kalbironworks.com/>



**Plushstool**

*paxillus holosericus*

Eighteen inches high, 24 in diameter. Provides the natural way to relax and unwind after a tense day in the fields. Plush, plump and palatial, this heavenly hassock will accommodate even the amplest of posteriors. Indigenous to the Breastwolds, the Plushstool is a real hit with the larger local peasantry. They have even named their "Plushstool Polka" after this fabulous fungus.



Halbritter's Plant-and-Animal World



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## ANNOUNCEMENTS

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4th annual Oregon Truffle Festival—Eugene, Oregon January 30,31, February 1, 2009. Information @ 1-503-296-5929 or visit [oregontrufflefestival.com](http://oregontrufflefestival.com)

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February 7-8, 2009—25th Annual Los Angeles Wild Mushroom Fair at the Los Angeles County Arboretum and Botanic Garden.

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### **35th Annual SANTA CRUZ FUNGUS FAIR** General Information: (831) 420-6115

Presented by the Santa Cruz Museum of Natural History and the Fungus Federation of Santa Cruz.

Saturday & Sunday, January 10 & 11, 10:00 AM - 5:00 PM Loudon Nelson Community Center, 301 Center Street, Santa Cruz  
Admission: General \$7, Museum & Federation Members \$6, Seniors & Students \$5, Kids under 12 Free NEW! Special Double-day  
Pass: General \$12, Museum and Federation members \$10. More parking on Center Street, near the Police Station.

Call the Santa Cruz Museum of Natural History at (831) 420 6115 for more information or visit us on the web at [www.santacruz museums.org](http://www.santacruz museums.org) and [www.fungusfed.org](http://www.fungusfed.org)

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**#1. Learn to Grow Morel (*Morchella*) Mushrooms January 24-25 th, 2009.** 9:00am - 4:00pm Location: UC Berkeley Life Science Building (VLSB), Room 3030 (Field-trip to Bay Area Mushroom Farms on the Second Day) This two-day workshop is on learning to grow Morels and cultivation techniques, taught by UC Berkeley mycologist Mo-Mei Chen. She will introduce her new "Fungi Treasures" book -230 species for Wild Edible and Cultivation Species. It demonstrates that anyone can learn to grow edible Morels using personal facilities.

This special two-day, "hands-on" mushroom workshop will introduce participants to Morel, focus on the cultivation techniques, utilize the productive strains both from China and Californian to test with substrate and menu, made known what environmental needed to grow them. We will give lecture series on the biology of *Morchella*, the ecological conditions of wild Morels collection and Morel expert Mr. Tan's Morel artificial mass productions in Sichuan, China.

Laboratory session is on techniques for Morel spawn production: media preparation, isolation and inoculation methods. In class, each participant will join hands-on Morel spawning: preparing media, spreading spawn culture and mixing media, etc.

On the Monday morning (26th January) participants will have the opportunity to take a guided tour to Bay Area fantastic Mushroom Farms.

Course fee, \$200, includes delicious mushroom lunches for both days, class reading booklets, Morel and Oyster mother culture in tubes that participants can continue the practice by you own.

Registration information below:

**#2. Learn to Grow Anti-Cancer Ling Zhi (*Ganoderma lucidum*) Mushrooms Feb. 14- 15, 2009.** 9:00am - 4:00pm Location: UC Berkeley Life Science Building (VLSB), Room 3030 (Field-trip to San Francisco Herbs Stores on the Second Day) This two-day workshop is on learning to grow Anti-Cancer Ling Zhi fungus and cultivation techniques, taught by mycologist Mo-Mei Chen.

She will introduce her new "Fungi Treasures" book -230 species for Wild Edible and Cultivation Species It demonstrates that anyone can learn to grow mushrooms for personal or commercial use.

Mushrooms are not only used in cooked foods but also in drinks and pharmaceutical products. This special two-day, "hands on" mushroom workshop will introduce participants to the medicinal fungi studies of Lin Zhi (*Ganoderma lucidum*), Chong Cao (*Cordyceps sinensis*), Yong Chong Cao (*Cordyceps militaris*), White Wood Ear (*Tremella fuciformis*), Fu Ling (*Poria cocos*) and Zhu Ling (*Glofura umbellata*), Maitake ( *Grifola frondosa*) and teach participants how to set up a medicinal anti-cancer Lin Zhi farm at home. Lecture topics will include Basidiomycota biology, Ling Zhi cultivation techniques, what environmental conditions needed to grow them and a discussion of medicinal mushrooms that found worldwide with a focus on the San Francisco Bay Area. We will discuss about mushrooms, review new information on their many uses, and learn their nutritional and medicinal values. Laboratory session is on techniques for spawn production: media preparation, isolation and inoculation methods. In class, each participant will produce a Ling Zhi kit and a delicious Oyster kit to take home for incubation and personal harvest.

On the second day of the course, participants will have the opportunity to take a guided visit of one wonderfully mushroom factory to study mushroom growing farm and another guided visit a herbs stores in San Francisco Chinatown to study the medicinal fungi and herbs in a market-place setting.

Course fee, \$200, includes delicious mushroom lunches for both days, class reading book-lets and Ling Zhi and Oyster mother culture in tubes that participants can practice at home.

**Registration information for either workshop:** if you decide to participate on the workshop, please send a \$200 write check title to UC Regents (space is limited, first come first serve so please register with us early). The envelope should address to:

Mo-Mei Chen 1001 Valley Life Science Building University and Jepson Herbaria, UC Berkeley Berkeley, CA 94720

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### **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.

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



### 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

SOMA will not share your info!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone(s): Home: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_

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

Culinary Group \_\_\_\_\_ Mushroom Forays \_\_\_\_\_ Cultivation \_\_\_\_\_

Mushroom Dyes \_\_\_\_\_ Mushroom Papermaking \_\_\_\_\_ Newsletter \_\_\_\_\_

Other ideas/comments: \_\_\_\_\_

☐ \$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!

SOMA

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

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

**YOU CAN NOW RENEW/JOIN ONLINE AT THE WEBSITE!**

## ANNOUNCEMENTS

### VOLUNTEER FOR CAMP...OR?

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 for 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 stay on 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.

This year is my third year of coordinating the volunteers and I am happy to say it has been the easiest year to get volunteers for camp. I think the word has gotten out that volunteering is a great experience and increases your interest in mushrooms, adds to the amount of knowledge you have, and increases the opportunity you have for knowing the people of SOMA. Offering your help at

**Deadline for the February 2009 issue of SOMA News is January 26<sup>th</sup>.**

**Please send your articles, calendar items, and other information to:**

**[SOMAnewseditor@SOMAmushrooms.org](mailto:SOMAnewseditor@SOMAmushrooms.org)**

SOMA events ensure that the club will continue to thrive for many years to come. Those of us on the Board thank you for your continued interest and enthusiasm.

For those of you who would like to volunteer, there are many ways to get involved: SOMA Camp, Culinary Group, Cultivation Club, Forays, and more.

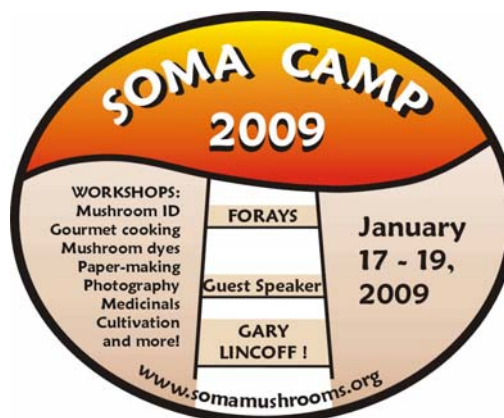
Contact a SOMA Board member if you would like to offer your services.

We are currently looking for new members of the Board. Think about joining or nominating someone you know.

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](mailto:julieschreiber@hotmail.com)





## SOMA News

P.O. Box 7147  
Santa Rosa, CA 95407

SOMA  
DIVINE MUSHROOM  
OF IMMORTALITY  
R. Gordon Wynn

### SOMA Members

The January Issue of  
SOMA News has arrived!

## SOMA CAMP 2009

WORKSHOPS:  
Mushroom ID  
Gourmet cooking  
Mushroom dyes  
Paper-making  
Photography  
Medicinals  
Cultivation  
and more!

FORAYS

Guest Speaker

GARY  
LINCOFF !

January  
17 - 19,  
2009

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

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.

