



SOMA

VOLUME 25 : 9

MAY 2013



SPEAKER OF THE MONTH

Patrick Hamilton

May 16th at 7pm

Morels and More

The May speaker will be our own Mycochef Patrick Hamilton, perhaps now known better as a friend of The Old Mushroomer. He'll entertain (or try to) the sure to be attending and adoring throngs about the morel season, the upcoming spring Sierra boletes, maybe even discussing with Board president Jim Wheeler something about the new picking policy up at Salt Point that SOMA has been germane in. And he will be cooking something up for sampling like maybe morels in a Madeira cream and shallot sauce. . . . Oh yeah.

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CALENDAR

May 16th	Speaker at Farm Bureau 7pm <i>Patrick Hamilton, the Mycochef</i>
July 21st	SOMA Volunteer Appreciation Day Picnic

LIMERICKS BY CHARMOON

I once knew a picker named Joe
He was usually pretty darn slow
But one day he sped up
When heading back to the truck
Because it was starting to snow

I ate too many mushrooms one time
I thought they all tasted fine
But early next morning
Without any warning
I puked out my guts until nine

EMERGENCY MUSHROOM POISONING ID



After seeking medical attention, contact Darwin DeShazer for identification at (707) 829-0596. Photos should be emailed to: muscaria@pacbell.net and need to 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% sure of the identification of any and all mushrooms before you eat them!

This is a free service for hospitals, veterinarians, and other concerned citizens of Sonoma County.

THE SONOMA COUNTY MYCOLOGICAL ASSOCIATION (SOMA) IS AN EDUCATIONAL ORGANIZATION DEDICATED TO MYCOLOGY. WE ENCOURAGE ENVIRONMENTAL AWARENESS BY SHARING OUR ENTHUSIASM THROUGH PUBLIC PARTICIPATION AND GUIDED FORAYS.

FROM THE FRONT DESK

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President's Letter

DISPATCH FROM THE DUFF

The 2013 spring season of mushroom collection in Northern California is concluded for Salt Point State Park. Although individuals are allowed to continue to collect, SOMA will cancel the May foray and start again next September. It was a good season for many new and experienced members. Probably doesn't compare with the season of, "1986", but it was great for the tarp tenders and folks who love to stay dry while collecting. So, we'll do our best to find sites for morels or other collectable fungi in the Sierra this month and continue to enjoy nature's feast. The next event will be the Volunteer Appreciation Day picnic which will be held on July 21st, 2013 at Riverfront Park. Mailings and a request to sign-up will be sent to the eligible members soon.

For all to know, the current SOMA Board members are:

Tom Campbell
Ben Garland
Jessica Holloway
Karen Kruppa (Treasurer)
Patrick Hamilton
Lee McCarthy-Smith
Chris Murray
Julie Schreiber
Jim Wheeler (President)
Gene Zierdt (Secretary)
Rachel Zierdt

We are seeking other members to join the Board and take on some of the positions noted above. The by-laws require that Board Officers serve two years and then a new Board is elected at a general monthly meeting. Obviously, having occupied the President's post for a number of years we should have a replacement this year. Although, I have no plans to leave the Board, another member should have the opportunities that I have enjoyed the last 4 years.

The guest speaker at April's Monthly meeting was raised in Sonoma, CA. Alija Mujic is a Doctoral Candidate at Oregon State University. His work has been recognized by many mycological organizations including SOMA. He is the recipient of grants and awards from the Cascade Mycological Association, National Science Foundation, the North American Truffling Society and a number of other groups. Alija has traveled throughout the North American Pacific Rim to collect data and samples for his project. His research has been conducted in Japan, Mexico, the American Southwest and the west coast of North America. As he notes, his work "seeks to understand the unique ectomycorrhizal relationship shared by the genera *Rhizopogon* and *Pseudotsuga*". Alija lists his research objectives as:

- 1) Test the monophyly of the *Rhizopogon*/*Pseudotsuga* EM relationship.
- 2) Test existing hypotheses of evolution in genus *Pseudotsuga*.
- 3) Construct a comparative phylogeography of *Rhizopogon* and *Pseudotsuga*.

He will be in China this summer to complete his research and plans to publish the results of his work this year. Alija has been interested in, "ectomycorrhizal (EM) symbioses and their influence upon plant establishment, forest community structure and ecosystem stability", for many years. The knowledge developed from his research program is very timely, important, and could be used to guide forest conservation and restoration projects. We wish him the best as he completes his graduate studies. You can find more information about Alija and his work at: <http://people.oregonstate.edu/~mujica>

Continued at bottom of next page...

WHAT'S STIRRING IN THE DYE POT?

10 Reasons You Know It's Time to Join "Mushroom Dyers Anonymous"

Dorothy Beebee (reprinted from SOMA News March 2000)

10) ...when the baby cries in the middle of the night, you run to see if the *Omphalotus olivescens* drying on top of the piano is glowing in the dark, (before checking the baby)...

9) ...when you consider naming the new daughter "Stropharia" instead of Myra...

8) ...when, instead, you name the new bantam chickens "Stropharia", "Laccaria", and "Gomphidius"...

7) ...when you check last night's mushroom dye first, before making your coffee or checking your e-mail in the morning...

6) ...when you're so busy looking for *Dermocybe sanguinea* on the ground in Sweden that you don't notice the moose and her calf standing in the path in front of you...

5) ...when you put your mushroom dye sample notebooks in the overhead-bin on the airplane, and send your asthma medicine through in the baggage compartment below ...

4) ...when you approach perfect strangers in Norway to ask them if their sweaters are mushroom-dyed ...

3) ...when you go in to see your orthopedist for a checkup and his wife is waiting for you at the desk with a bag of old, cold *Omphalotus olivescens*... (thank you Anne!)

2) ...when you go into see your orthopedist for a checkup, and

brag about the 5 mile hike you took at Salt Point where you found *Dermocybes*, and forget to tell him about the nagging pains in your artificial left hip...

1) ... when you blame the phases of the moon for the color change of the *Omphalotus* dye from purple to green instead of trusting the pH indicators...

...And you know you've REALLY gone over the edge when you keep throwing skeins of yarn into the dyepot (hoping for lavender), when it's perfectly clear that the purple pigment is long gone over to murky yellows...

And then, you can't take a shower in the morning because that's where the skeins of yarn are dripping dry!

So, don't laugh – these are all of my own true experiences, (over the last 25 years...) and now why I'm smiling at sunshine and taking 12 steps into the mustard fields, instead of checking the base of the Douglas fir stumps... and praying for rain, or calls from the *Dermocybe* express...

*Note from May 2013 – The baby daughter is now 34 ½, obsessed with doing her OWN mushroom dyes and with three lively twerps of her own plus a dog who can spot a *Pisolithus* at 50 yards, but I'm still blaming the moon for the quixotic colors from *Omphalotus* – sorry, Darwin...*

PRESIDENT'S LETTER continued...

We need a replacement for our newsletter editor. Ben Garland has done an excellent job over the last two years and has made a number of contributions to the effort. His "real work" demands have changed and he now has less time for other interests. If you appreciate the written word and have a desire to compose and publish the historical record of SOMA, please apply. The effort takes about 3-5 hours a month and the software is available that would make the transition easier for all. Ben also would be available to guide you through the first few editions. Please consider the opportunity and let us know as soon as possible.

Best regards,
Jim Wheeler

Sharing The Secret, Redux

Patrick Hamilton

This is from "Mushroom the Journal" 2003. The Old Mushroomer, due to some strange issues (go figure), is unavailable this month so we asked Patrick and we together decided that a column from his past will be fine.

At about 7 years old, one-day suckers (amongst the usual mental melange) popped into my mind. I asked my mom if we could go to the corner store—the one with boxes and stacked displays of “various and sundry 1¢ candies” almost exactly the height of my chest. (You don’t see the word “sundry” much anymore, just like 1¢ candies.) Anyhow, I wanted to go to that little market because even then I enjoyed food shopping and looking at all the cool packages of stuff from places far away but Mom instead grabbed her 1946 edition of *Joy of Cooking* and set it before me to look up lollipop recipes. No better spot to learn of food from, she’d say.

As I got older and advanced beyond Joy’s French toast and reading for amusement that trove’s recipes for armadillo, beaver tail, muskrat, and the equally uncommon (at least on my table) “Stuffed Boar’s Head,” one of my interests in cooking became trying to replicate what you’d get when dining out.

By the way, my French toast is superb: Use somewhat stale baguette rounds, with or without seeds, cut $\frac{3}{4}$ ”, the usual egg/milk batter but with Chinese 5 spice powder (just a bit) sprinkled in with some sugar, and cook in very hot clarified butter and always use dark amber (it’s less expensive and better, I think) maple syrup. Put on this, quickly sautéed in the same type of butter, just unripe bananas until caramelized and sweet.

Scrambled eggs (for one: 2 eggs, three yolks, 1 tbl $\frac{1}{2}$ and $\frac{1}{2}$, S & P, $\frac{1}{4}$ tsp unsalted butter, beat until just blended and orange, put on medium-high for 45 seconds turning with a heat proof spatula, constantly scraping sides and bottom, then turn down to low and cook and turn another 30 seconds—perfect!) with sautéed wild mushrooms, shallots and thyme, apple wood smoked slab bacon, fresh squeezed orange juice and champagne makes for a real good first breakfast date after a first night together. Or any other time too.

In Los Angeles there was an area along La Cienega Boulevard called “restaurant row” and spots like Lawry’s or the Fog Cutter or Scandia were well known for certain 1950/60’s style gourmet dishes and I wanted to know how to make them. (Scandia’s “Viking Sword” had nothing to do with pillaging and other stuff.) We rarely went to one of these expensive places but when we did the food was so different from my folks’ usual fare that I was hooked.

Back then chefs did not reveal their recipes to the public so one had to try to duplicate such food from memory or give up.

But I had a way. My grandmother owned a burger and milkshake café, complete with little table top nickelodeons in each booth (“Put another nickel in, in the nickelodeon, all I want is music, music, music. . .”), with her sister in the San Fernando Valley and my grandfather’s job would have been dishwasher so instead he worked on sets for ABC in Hollywood in the very early days of television. At the station they had this mustachioed guy in whites and toque, Chef

Milani, who would prepare food on live camera. (As I am typing this I realize that that show was probably one of the very first television cooking shows—starting circa 1955 or so.)

Because grandpop liked to take me with him to work—and just as often to Santa Anita and Hollywood Park racetracks (I don’t think he worked there)—I got to watch and even talk to this actual chef person and he’d tell me bits and pieces of what I later learned was classic technique and my interest became more honed.

Cookbooks by chefs were not common in the 1960’s but nowadays they publish them regularly and have learned that fears of folks cooking like they do are unfounded—even if the instructions are good. It takes more than a recipe to be a chef.

When I first wanted to pick wild mushrooms I found out that most people had real guarded secrets here too. There were, of course, books on what they looked like but not exactly where to find them. Amateurs here were the worst (or is it best?) protectors of what they knew about what I wanted to know.

In the Mycological Society of San Francisco (MSSF) folks exchange ideas about myco stuff but not the stuff of actual locations. I was fortunate in my early days of mushrooming because on a morel foray with David Arora in the High Sierras we ran into commercial pickers and those professionals and their cohorts have kept me informed ever since.

So in the world of mushroom hunting it is easier for me to get good advice from the working pros and not from the amateurs. Different from how cooking was.

The commercial pickers know that even if they tell me of (or take me to) good spots my level of picking (including endurance as in miles and miles and miles in and out, availability to “sit” on a fire, enjoying camping for weeks and weeks, etc.,) is not nearly as is theirs so they are not threatened. In fact, they really enjoy the company from our world.

Chefs have finally come around and almost all gladly share their kitchen techniques and enjoy being around and teaching others.

But do mushroom hunters gladly share info? What do they share and how much is expected from more experienced pickers in clubs?

Your mushroom cooking story telling guy also writes The Foragers’ Report column in the “Mycena News,” the newsletter of the MSSF. Recently this idea about “should experienced members tell, explicitly, others in the group where to find certain mushrooms” was suggested on our Internet discussion Yahoo groups and I then wrote a little about it in a column. Folks were all over the forest on that topic.

My stance is that we all know that a porcini place is a “patch” and that revealing its locations is to let go of, maybe forever, any imagined propriety of that patch. Show someone and it can be gone. But to not show—because you are more inclined to discover such places for yourself and very close friends and you might resent couch potatoes getting their tuberous digits on your ceps—is that wrong? I don’t think so.

Is this preaching from a mini bully pulpit? (I may be overbearing—but hopefully never boring.)

Continued on next page...

THE OLD MUSHROOMER

Continued from previous page...

It would be educational if any of you write your opinion about revealing patches to others in a letter to the editor of MushMag.

Dinner tomorrow at friend/mushroom buddy chef Todd Humphries's house. I will bring some frozen boletes.

This August we had big time thunderstorms in the High Sierra and amongst the Lodgepole pines (*Pinus contorta*) around 6,000 to 7,500 feet in seepage zones, so many porcini were found that I had to summon up a new name for the haul. You know how a group of crows is called a "murder" and how other pods of things have names—well I termed our pile as an "embarrassment" of edulis.

I had to buy a freezer for them.

This is my new way of preserving boletes. I slice the big ones just like for drying but instead they go into good freezer quality plastic zip bags. The small ones get frozen whole.

When some are wanted I take what is needed from the bags and do the "dry sauté" with gray sea salt in the pan instead of starting with fat. As the water evaporates the discs pop and jump and make all sorts noises and generally entertain in a way that causes others to gather around the pan to see and hear the sounds and sights. When the porcini prancing is about done I then add good olive oil and continue to cook them until a nice golden brown crust is achieved.

The surface texture is distinctly crunchy and the middle is like a pillow of savory pudding. Yummy.

Note: My current favorite extra virgin olive oil is from right near here, outside of Petaluma, and is McEvoy Ranch's. It is certified organic (a nice thing), the bottle has a cool cork and wax seal, a beautiful label, and on the box it informs the buyer of where the olives are grown (right on the estate), how many trees and what kind (Frantoio, Leccino, Pendolino, Maurino, Coartino, and Leccio del Corno), harvest technique ("hand-picked and pneumatic combs"), crush type (stone mill), oil extraction method, etc. Jeez. Anyhow, it is really good and worthy of you seeking it out.

Back to porcini—drying is still the best way to intensify the flavors—especially after several years in the jar (see the column from this summer's issue)—but that freezing and cooking method allows for fresh and sweet tasting edulis the year round.

But I don't feel like a *B. edulis* today so we have instead a recipe made up for a dinner of the Culinary Group of the MSSF about 10 years ago. It takes a while to prepare but friends and family can get involved and help. Once you make this type of Greek-origin appetizer the possibilities of other fillings is endless. Do try.

Chanterelle Tiropetes with Cashews and Tangerine Juice

Serving Size: 6

Amt	Measure	Ingredient	Preparation Method
1/2	pkg	filo dough	
4	oz	butter	melted
1	Tbsp	olive oil	
1-1/4	lb	chanterelle mushrooms	chopped small
1	ea	onion, large	diced small
1	Tbsp	parsley, flat	chopped fine
2	oz	butter	
1/4	cup	cashews, oil roasted	chopped small
1/4	cup	tangerine juice, fresh if possible	
1	tsp	tarragon, fresh only	chopped fine
2	Tbsp	parsley and tarragon (2-1 ratio)	chopped fine
		gray sea salt and fresh ground pepper	

1. Caramelize the onions in a heavy pan in the butter. Add the tangerine juice and reduce au sec. Add the chanterelles and salt and pepper – cook until they have lost their moisture. Add the tarragon and parsley and cook a bit more. In another pan toast the nuts and add to the mushroom/onion mix. Set aside. This mix should not be wet.

2. Open just defrosted filo one package at a time. Be careful to keep the stack of yet to be used sheets under a moist dish cloth. On a cutting board place one sheet of filo. Mix the melted butter and oil and with a pastry brush apply the mix liberally to the filo. Add one more sheet and do the same thing with the brush.

3. Cut the oiled sheets lengthwise into three equal width strips. Starting at one end of one third sheet place a generous tablespoon of the filling about one inch in and one inch down. Now fold the strip like one folds up a flag going just to the center of the strip. Cut the strip here and then begin to do another tiropete going to the end of this strip. Got it? Continue until you have six tiropetes per each two sheets of filo. Continue until the mix is gone.

4. Bake in a hot oven quickly, just until the dough is golden brown.

5. Garnish with a bit of the chopped parsley/tarragon mix sprinkled over. Two per person.

These can be served with a savory whipped cream sauce made with heavy cream, some tangerine juice, finely chopped cashews, a little tarragon and maybe even a touch of horseradish.

April Foray and Species List

Michael Miller

Last Saturday's Salt Point foray started with balmy weather and brilliant sunshine at the coast. 14 people showed up to tromp through the woods for fungi, enjoy the view, and join us for excellent food. With very little rain in the last month and being late in the season, we expected the mushrooms to be scarce. While this was true for edibles, many species were found including some chanterelles and black trumpets.

We split up with Jim and George taking groups around the Woodside campground while a carload came with me to some spots in the northern end of the park. We stopped at my favorite rapandum spot and turned up with zilch. We went a little farther north and found a couple of chanterelles and some blacks but also enough miscellaneous mushrooms to make it a good hunt all around. No-one went home with big baskets of edibles but everyone had a good time and a smile on their face when returning to Woodside.

When we returned from the woods we found lots of great food, hot and cold, with wine, homemade beer, and many other dishes. As usual, Finola Diaz won top marks for her Philipino Menudo (with pork instead of tripe), very spicy and served hot.

George Riner was on hand, as usual, to provide ID of all fungi brought back to camp and answered all questions of the newcomers and veterans alike. This will be the last Salt Point foray of the year and we thank everyone who came to help, lead forays, ID the fungi, cook food, and generally make the forays a blast. Hope to see everyone again in September.

Hemitrichia calyculata (a slime mold)
Steminotopsis typhina (a slime mold)
Craterellus tubaeformis (yellow-foot)
Cantharellus californicus
Amanita franchettii (now *A. augustus*)
Russula brevipes
Amanita porphyria
Scutellinia scutellata
Polyporus varius
Pholiota sp.
Hygrocybe psittacina v. *californica*
Inocybe sp.

MUSHROOM CAMP 2014 ARTWORK

CALLING ALL ARTISTS! Be a part of SOMA history.

Mushroom Camp 2014 organizers are looking for an original design or drawing to feature on our next camp t-shirt... We know some of you got a head start taking the drawing class from David Gardella at camp, or you have been sketching on your own... this is a chance to show us what you created.

Winner will be given one free t-shirt.

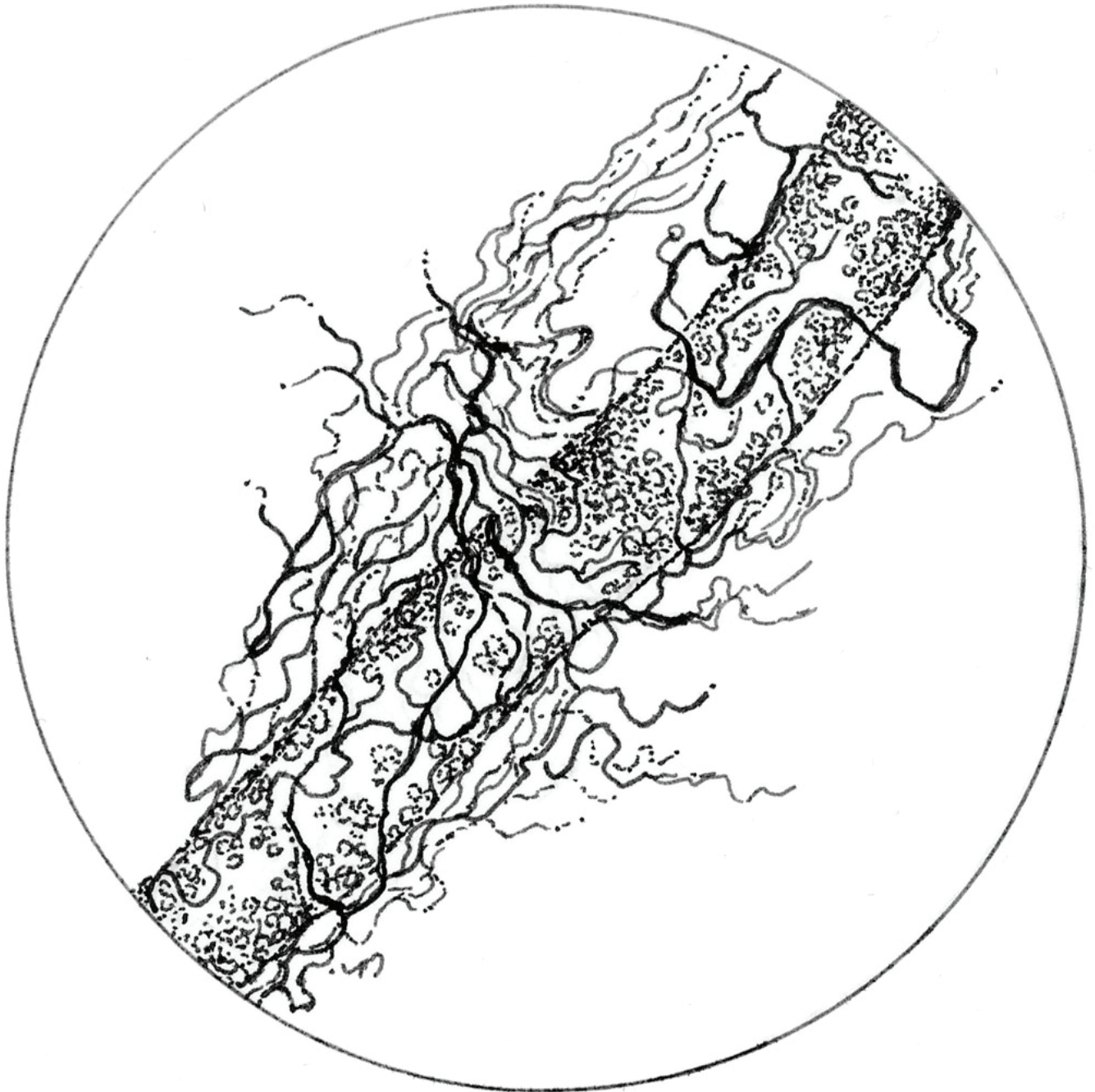
Deadline is June 30th.

Please contact Rachel Zierdt at rzierdt@gmail.com for more information.

JOIN SOMA!

Membership in the Sonoma County Mycological Association (SOMA) is a great way to meet and interact with other mushroom enthusiasts, learn more about identifying fungi, and share interests such as cooking and cultivating mushrooms. Sure, most of what SOMA does is open to the public, but wouldn't you rather join SOMA and get all the goodies?

<http://somamushrooms.org/membership/>



SOMA

PO Box 7147
Santa Rosa, CA 95407

Issue 25:9 MAY 2013

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 around 7:30 PM. Bring in your baffling fungi to be identified!

Directions to the Sonoma County Farm Bureau

From the south:

- Go north on Hwy 101
- Pass the Steel Lane exit then take the Bicentennial Way exit
- Go over Hwy 101 (heading west) and then right on Range Ave
- Turn left on Piner Rd and go about 1/4 mile
- Turn left into Farm Bureau parking lot at 970 Piner Rd

From the north:

- Go south on Hwy 101
- Take the first Santa Rosa exit for Hopper Ave/Mendocino Ave
- Stay left on the frontage road (it becomes Cleveland Ave)
- Turn right on Piner Rd and go about 1/4 mile
- Turn left into Farm Bureau parking lot at 970 Piner Rd

