



S O M M A

VOLUME 26 : 2

OCTOBER 2013

SPEAKER OF THE MONTH: **Meredith Sabini**

At the Sonoma County Farm Bureau, 970 Piner Road, Santa Rosa



The Art of Collecting: Tales and Tips from 30 Years on the Mountain

This month's program combines a lively presentation about our local mushrooms with an informative demonstration on the art and science of good collecting practices. Local nature writer and deep ecologist Meredith Sabini will take us on a virtual field trip through her 10-acre property where she has catalogued over 50 species. She will tell tales of the tastiest, the smelliest, largest, and the most colorful of the specimens, focusing on known and lesser known edibles in our region, with

slides provided by SOMA. Her demonstration will cover how to select specimens, to obtain and preserve spore prints, do a safe taste test, and how to keep a field notebook that can serve you from season to season. Editor of the popular anthology *The Earth Has a Soul* and a teacher by profession, Sabini has led forays in Alameda, Contra Costa, Marin, and Sonoma counties. She views foraging as an essential culinary skill as well as a survival strategy, and will gladly share experiences of drying and pickling excess mushrooms and of feeding them to pets. A sample of wild and cultivated specimens will be on display, along with artfully done spore prints. This event is designed to be useful both to novices wanting to collect safely and fruitfully, and to experienced mushroomers wanting to refine their skills.

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PHOTO OF THE MONTH



Dead Man's Foot

Credit: Jennifer Russell

CALENDAR

- October 17th ----- SOMA Meeting & Speaker, Santa Rosa
- October 17th-20th--Gathering at Breitenbush Hot Springs, Oregon
- October 19th ----SOMA Foray, Salt Point Park, Sonoma County
- October 24-27th---NAMA Foray, Sheperd of the Oaks, Arkansas
- December 6th-7th ----- MSSF Fungus Fair, San Francisco
- January 18th-19th-----SOMA Camp Auction & Raffle
- January 18th-20th---SOMA Camp at CYO McGuken, Occidental

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.

FROM THE FRONT DESK

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President's Letter

DISPATCH FROM THE DUFF

As is said occasionally, "Now for a few announcements:"

Planning for SOMA Camp 2014 started last March and continues through this December. Early bird registration will be available on the SOMA website beginning October 1st. Paul Stamets has attended previous SOMA camps and this year we are fortunate he will be the Saturday speaker. Taylor Lockwood will be the Sunday night speaker. We look forward to tales of his travels and eye-catching photography. The members can look forward to different but very interesting talks.

We welcome Dustin Kahn as the staff leader for SOMA Camp Fiber Arts program. More than a fourth of 2013 campers registered in the dye classes. It was a surprise to many (but not all) that so many participated in this fascinating use of wild mushrooms. Camp filled early last year, so please consider and complete your registration as soon as possible.

Last year was Judy Christensen's final effort as the organizer of the SOMA Camp Raffle. Her work contributed to the success of SOMA Camp for many years. The raffle of Camp 2013 was her most successful and swelled the coffer by \$1600. Many thanks to Judy and all those who helped her. Rachel Zierdt, with assistance from others, is leading the effort to organize the raffle this year. Judging by the 31 boxes of items selected, collected, bargained for and containerized, campers are in for numerous opportunities for mystery and fun as the baskets are revealed and raffle winners collect their prizes.

The State of California is offering an array of discount day-passes to the State Park System. More than one option exists. Passes are offered on an annual basis, valid January 1st to December 31st and can be obtained with a mail-in request or a personal appearance, with id, at sites in the Park system. Please see this website for details ... they are very good bargains for most of the membership. http://www.parks.ca.gov/?page_id=1049.

We continue to work with the State Park Rangers to implement a permit system to collect wild mushrooms at Salt Point. Indeed, a number of months have passed since the effort started, but because of a recent, significant change in personnel of the Ranger staff, a few more weeks will be added to the schedule. A budget has been prepared that estimates the cost of the system and it will be published after the SOMA Board approves the club's commitment to participate.

The request to allow electronic SOMA Board meetings drew no comments, nor inquiries. A motion to approve the request and the resultant change in By-Laws will be presented to members at the general meeting on October 17th. If you have interest in the matter or would like more information please feel free to contact me.

The September foray was carried out on a bright, sun-lit day. Yes, it did rain most of the morning on the coast. But nary a drop fell once we reached the Woodside Parking lot. Another dry foray! Normally, part of the September foray is to help pick-up trash or debris along Highway One and the Woodside Campground. A group of 25 boy scouts had come over from Windsor on Friday to take on that task, as well as participating in the beach cleanup effort on Saturday. Needless to say the campground and picnic area were litter free. After checking with the campground host, we reconvened, went to Plan B and hiked for more than 2 hours looking for fungi. Although only a meager number were found, a couple specimens had interest for some. The brilliance of the light that day was matched by the fabulous pot luck dishes the foragers enjoyed.

The general meeting on Thursday, September 19th, featured Christian Schwartz as the speaker. Christian is from Santa Cruz, by way of San Diego and has done extensive work studying wild mushrooms along the Central and Northern California coast. His talk and illustrations contributed to a better understanding of "The North American Mycoflora Project", and how amateur mycology groups could participate. He answered the first question many people pose, "How does a mycoflora differ from a field guide"? He compared earlier works, i.e. the "Jepson Manual", and "Flora of the Pacific Northwest". A "Mycoflora", would be more comprehensive than a field guide and would attempt to include all known species in North America. Other info it would contain: distribution data based on vouchered specimens; species list of fungi native to an area versus alien species; and basic info on the habitats where species are commonly found.

Continued on p.3

SEPTEMBER FORAY

Amanita augusta

Credit: Richard Bishop



Cantharellus roseocanus

Credit: Terri Clements
& Donna Fulton



Gomphus clavatus

Credit: Drew Henderson



Lachnum sp.

Credit: Dianna Smith
& Peter Russell



Osteina obducta

Credit: Darwin DeShazer



Phaeolus schweinitzii

Credit: Michael Wood



Porodaedalea pini

Credit: Tao



List by Darwin DeShazer

Pulveroboletus ravenelii

Credit: Darwin DeShazer



Russula flaviceps

Credit: Mushroom Observer



Russula fragrantissima

Credit: R. Tripp



Stereum hirsutum

Credit: Zottiger Schichtpilz



Trametes versicolor

Credit: Clive Shirley



Tricholoma flavovirens

Credit: Alan Rockefeller



**Next SOMA Foray:
October 19th, 2013
Salt Point Park 10:00 AM
For information contact:
somaforay@somamushrooms.org**

Continued from p. 2

He noted that there is not enough basic information today to complete a modern mycoflora for North America. He noted that there are three elements necessary to begin a complete mycoflora assemblage:

1. A cooperative, planned effort by professional mycologists and informed public groups due to the amount of work needed to be completed. He suggested amateur mycology groups consider adopting a location or a mushroom genera. Then conduct planned studies using trained people that follow specified procedures. He pointed out that clubs could conduct workshops on various tools and techniques, e.g. microscopy and photography, to improve the skill level of investigators.

2. The effort must be specimen-based and coupled to basic metadata (location, date, habitat, specimen notes). Foray lists or, "Mushroom Observer" posts, even when supplemented with good

photos, are not sufficient evidence for the presence of most species.

3. Nucleotide sequencing is a must. It has been noted by others that most fungal diversity probably resides in difficult species complexes, and it is at this level where regional differences in the mycoflora are likely to be most numerous. The fastest and most objective way to sort out these complexes is with sequence analyses.

Christian finished by logging into the website, "Mycota of Santa Cruz County", <http://scmycoflora.org>. Most members of the audience were very impressed with the information and details it contained.

Please note that Christian plans to publish, with Noah Siegel, *A Guide to Mushrooms of the Redwood Coast*.

Best regards,

Jim Wheeler

by Patrick Hamilton

We all have by now not just heard about but probably seen some evidence of the devastation caused by the Rim Fire in and around Yosemite National Park. Photographs and/or fire boundary maps have shown us what happens after a huge forest fire, and it is not pretty--unless perhaps you like moonscapes. Or unless you see beyond what is apparent and can either imagine or have before witnessed what occurs the following spring after a summer burn.

Those of us who've been at this for enough of a while have walked many miles over nasty scarred and ashy terrains, past crippled charred trees and shrubs, and kicked dust up and choked on the complete devastation of it all. Or not complete maybe. Yeah. Not "complete," no.

Really? Yep, look carefully and you might get glimpses of fresh shoots at the bases of willows and manzanitas or lovely tri-colored black oak leaves on short new stems, maybe soap plants showing their crumpled sword-like selves or purple and brown and orange cup fungi beginning to appear and then the morels emerge. Should.

Depending upon the types of trees caught in the fire the time for flora re-growth varies. Typically Ponderosa, Sugar, or Jeffrey pine areas might only get burned way high up, the trees themselves often saved, but the understory's are often haphazardly affected--a sort of here and there effect. Doug-fir woods, with their tighter canopies often helping to cause much more burning below, can get completely damaged to almost nothing left to be able to re-generate and then when and what plants re-appear is very different. But in our area here (Rim Fire) the forests are mixed and so will be the new growths of plant life--and the whereabouts and whenabouts of morels.

I was recently up to Hope Valley, near the intersection of Highways 88 and 89, doing a mushroom event (we found plenty of the tasty *Leccinum insigne* = "aspen bolete") and afterwards I took a drive east, south, and then west and on the way went through Yosemite. But before I even started up Monitor Pass not far out of Markleeville, the 210 persons populated county seat of poorly peopled Alpine County, I saw this bear.

First it was only the ursine's ass that was revealed in the pre-dawn lack of light but I could somehow tell it was perplexed (you can learn a lot from a butt) just sitting there at the confluences of Highway 89 and Highway 4. What came to mind was Yogi Bear in some dumb Hanna Barbara cartoon of my youth (my older sis used to draw backgrounds for them and so I watched) but immediately (remember I am driving and coming up on this bear) my mind flicks over to Yogi Berra, famed NY Yankee catcher of my youth and one of my childhood Philosopher Princes, so to speak. He's said to have said that "when you get to a 'Y' in the road, take it."

Thinking quickly now, I honked. Just a little "toot toot" thing to get it and its big bottom to move in one direction--or both (remember the "take it" part of the above quote?). Mr. Bear looks over his left shoulder at me as I have now stopped maybe 20 feet from him, then turns his head straight ahead and



decides to amble down Highway 4, towards the "Big Trees" for all I know but I head up to the 8,314' pass where I'll be gazing at the amazing changing aspens in the morning light and probably thinking little more of that confused bear.

"But what if he'd bisected the two choices, ran straight up the ridge in between the two roads, right in the middle and not either left or right--would he then had gotten to the wye and taken it? . . ." I did so think as I passed that brass marker showing the pass's elevation before coming down into the beautiful high country bowl, full of quaking aspens fluttering as they do. (Know why that is? Look at how the stems, the "petioles," attach to the leaves of these *Populus* and you'll see that they are 90 degrees offset from other trees' leaves. Cool, huh?) Then the road goes down and down past huge Junipers, some with those berries especially prized by cooks for game dishes like boar, elk, or bear(!), and there are also a lot of single leaf pines (*Pinus monophylla*) with their fat seeds tucked inside the stickiest resin-laden cones ever. Ever. Get some on your fingers then it appears like carpenter glue on your forearm or in a nostril or even along the seam of the seat of your pants. Telltale markings all.

Virginia Lakes turnoff next on the ride south leads to a sometimes most excellent porcini area up that road once it winds around and among all the glacial detritus and gets into the Western White pine, oddly enough usually unknown for its most common current use--wooden matches-- and then there's the Lodgepole stands too which also produce those favorite mushroom of many folks.

Off to the east Mono Lake is sitting big, flat, and round but with its many stories stacked into our Governor's father's California Aqueduct history like the tufa towers along some shores, and then the road goes down along the eastern flank of the magnificent High Sierras on US 395.

Up Hwy 120 just past Lee Vining the road climbs a lot and passes fabulous vistas especially nicely lit in the early morning light and at the kiosk you must pay \$20 (yow!) even if just "driving though" and not heading into the famous valley. Then

you are in Tuolumne Meadows and have to get out to look for fungi, ja? Not much on that dry day after so many dry days before but there were desiccated Russulas and Amanitas, a wet and gushy but kind of not bad smelling maybe even sort of a nice whiff to it, olive green, *Phaeolus schweinitzii*. Don't you love to say that? "Fay-o-luz svine-ets-ee-eye." There, that's right--unless it's wrong and who is to say?

I finally came to where I wanted to be once I got past all that incredibly beautiful and amazing scenery (took long enough, eh?) and I was on the roof of Hell, in the burn. I felt the burn. I stomped ash in the burn. I wiped charcoal on my face, made a fake mouth and mustache and pretended I was a clown. You had to be there.

Once picture perfect postcard vistas, these mountainsides will become now Lands O' Morels full of their potential beauty and bounty. (Love them choice esculents!).

Just recently providing photographers almost unmatched beauty these mountains will become again magnificent once the *Morchella* come. (In a way, yeah?)

And there're dips and draws just begging to grab and hold moisture for us on the southern and western exposures and also steep stuff too. Real steep and only for the dedicated pickers.

But this was all still in the National Park where collecting limits will be, as usual, very limited (check with the Park HQ for that info).

Down the road going west you get to the park's west entry gate kiosk and then a few hundred feet further you are in burn heaven where the right permit will allow one to pick until your fingers will hurt and your back is broke--unless they come up with some really obstructive logging restrictions which could allow for those opera

tions but not for mushroomers operating there. It has been said that if you simply ask a logger and he says something like "Heck yeah, come on down" at least you have the makings of a good story to tell a ranger. Maybe. It's worked for me in other burns.

There were valley deeps still smoldering (September 20) and smoke was low in the everywhere air but through it could be seen a whole bunch of territory like in the photo at the top of this column. A picture of almost scary "burn-frozen still" flora, yet it is an animated evidence of the death throes of so many trees and shrubs ghostly in the haze. Creepy cool and where I walked there were moon prints left behind. Way cool. And then was proclaimed: "One small step for me but one large step for SOMA." (Some of this stuff you just should have been there for.)

So this reconnoiter up close did find lots of lands to explore next spring. Lower elevations maybe even in early April if the soil warms to 50 degrees or so to activate the magic mycelium of morels enough to produce. Why not? We deserve a good morel season.

I snuck a look at The Old Mushroomer's "Secret Log of Things" and did spot a Farmers' Almanac type prediction stating that "after the full moon of March April might sure be something special" and I thought: "Well--there you have it."

And here you have this month's offering from the recipe box of life which has been dropped so many times that there is no order other than the randomness one encounters every other where. This will be sure to please those who actually try it and definitely will please those who get to partake in some of this:

Mélange a Trois

Serving Size: 4 Preparation Time: 0:30

Amount	Measure	Ingredient	Preparation Method
1	cup	dried wild mushrooms	chopped
1/2	pound	mushrooms, button	sliced 1/8" thick
1/4	pound	wild mushrooms (same as dried above)	sliced 1/4"
1	tbl	unsalted butter	
1	tbl	olive oil	
1	tbl	shallots	chopped fine
1 1/2	tbl	Italian parsley	minced
		Maldon (or other very good) sea salt	
		fresh ground black pepper	

1. Re-hydrate dried mushrooms in hot water, to cover. Set aside to soak for 30 minutes or until completely softened.
2. Squeeze water from soaked mushrooms and chop. Reserve liquid after straining (if necessary).
3. Sauté the re-hydrated mushrooms, buttons, and other fresh mushrooms in butter and oil for 5 minutes or until just cooked through; add the shallots and cook 3 minutes more; add the soaking liquid and cook au sec (until dry), add the parsley and cook 1 minute
4. S & P to taste. Serve with rice or pasta or on toast rounds, scrambled eggs, etc.

This is a good recipe to show the different textures and tastes of mushrooms common to us collectors. I liked it and so did the folks who paid to have me cook for them! I used fresh *Boletus fibrillosus* (in photo) which had been sliced and kept on a paper towel in a bowl covered with a loose paper towel for a week (they were fine), dried *B. edulis* from the North Coast picked in 2006, and white buttons from Oliver's Market.

That's all folks!



All California Club Foray

The fifth biannual All California Club Foray (ACCF) will be held January 24-26, 2014 in Albion, CA. Chief mycologist, Dr. Terry Henkel, and two of his grad students from Humboldt State University will assist with taxonomy. This event includes catered meals, comfy lodging, and mushroom hunts in the bountiful Jackson Demonstration State Forest near Mendocino. This foray is open to any current member of a California mushroom club and NAMA members. Cost is \$175 per person and includes two nights lodging and all meals from Friday evening through Sunday breakfast. Pre-registration is required. Registration and detailed information can be found at: http://bayareamushrooms.org/forays/accf_2014.html

Contact David Rust, 510.468.5014

SOMA Financials Available

SOMA Treasurer Karen Kruppa advises that to comply with the SOMA Bylaws, the fiscal year financials have been posted SOMA website at the following link: <http://www.somamushrooms.org/about/>. User Name: member & Password: Pholiota (case sensitive).

Pavelek Scholarship Open

Applications are open until Oc. 31 for the 2013 Henry Pavelek Sr. Memorial Scholarship of \$1,500 from the North American Truffling Society. Henry Pavelek Sr. joined NATS in 1982 and later served as President. His energy and enthusiasm for truffles and truffling provided much of the driving force that established NATS as a sustainable organization. Applicants should be grad students or outstanding undergraduates researching physiology, taxonomy, phylogeny, ecology, animal interactions, commercial harvest, or culinary attributes and uses of hypogeous fungi. The recipient will be announced at the NATS Dec. 7 meeting and potluck in Corvallis. The application form can be accessed by clicking on its link at www.natruffling.org.

GET READY FOR SOMA CAMP

REGISTRATION OPEN! GOT DONATIONS?

SOMA Camp -- is open for registration! Camp will be held from January 18th to 20th, at the rustic yet charming CYO McGucken Camp facilities near Occidental, in Sonoma County, about an hour north of San Francisco.

SOMA Camp is an annual gathering of mushroom enthusiasts sponsored by the Sonoma County Mycological Association. The three-day event is packed with activities, lectures, and workshops focused on learning about wild mushrooms.

To register, go to: <http://www.somamushrooms.org/camp/>, or email: somaregistrar@somamushrooms.org

AUCTION -- We are in search of items for our silent auction Last year this event netted over \$1600 for scholarships...let's aim higher this year...

Ideas for silent auction: fishing trip, wine tastings, truffles, dried mushrooms, bottles of wine, artwork, home-made knitted items, garden items, tickets to shows, gift certificates to spas (items should be worth \$25 or more). If you are soliciting any items from merchants etc. we are happy to provide them with a letter to acknowledge their donation.

RAFFLE - - Another fundraiser is planned for scholarships, which netted over \$1,000 in the past. I am looking for straw baskets to place items in and smaller items (maybe kitchy mushroom themed) This year we will doing baskets in themes...Some examples might be: "I am blue."

My kitchen really needs this, Made in China, Grandkids coming... etc..I hope to have 50 baskets that people can try their luck at in the raffle so you can see almost anything will work.

Many thanks,
Rachel (rzierdt@gmail.com)

2014 Lockwood Mushroom Calendars Are Available

Taylor Lockwood announces:

The new calendars are here! Special prices/page for Mailing list members, as before.

http://mushroom.pro/a_products/calendars/cal-2014/cal-2014.400.sp.php

Or write him at: Taylor F. Lockwood, 300 Pinecrest Road, Mount Dora, FL; 32757

JOIN SOMA!

REGISTER FOR SOMA CAMP BEFORE IT'S FULL ONCE AGAIN!

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/>

Donor Profile: Gourmet Mushrooms Inc.

By Charles W. Thurston

Gourmet Mushrooms Inc. of Sebastopol has been growing a stunning array of mushrooms for discerning consumers in Sonoma County and beyond for over 20 years, but the company is still unique among U.S. commercial mushroom operations for its varietal production, its holistic approach and its modest size. The company, owned by David Law, “grows more varieties of organic culinary and nutraceutical mushrooms than any farm in America,” he reckons. He produces about one million pounds of mushrooms per year, with a cellar full of fragrant jar rows in process.

Originally set up to grow Shiitake mushrooms, the company now produces eight varieties of fresh mushrooms, as well as truffle oils, and dried mushrooms including Morels, Black Trumpet, Shiitake and Porcini, along with spawn of various ilk.

The varietal lineup is formidable, including: both the Alba and the Brown Clamshell™, also known as Hon- or Buna-Shimeji, which are “distinguished by a mild shellfish flavor;” the Trumpet Royale™ “has a wonderful savory flavor, a firm, meaty texture;” the Forest Nameko™ “has an earthy, forest flavor that is enhanced when sautéed;” the Velvet Pioppini™, also known as the Black Poplar mushroom, “has magnificent dark brown caps on long cream colored stems with an intense forest flavor;” the Nebrodini Bianco or Pleurotus nebrodenis, their latest varietal, “is a very large, firm glistening white mushroom which grows on the slopes of the Italian Nebrodi mountain range in the Spring;” and the Maitake (Grifola) Frondosa,™ also known as the Hen-or-the-Woods, “is wonderfully adaptable with a fabulous, forest aroma and a light, crunchy texture.”

David is a firm believer in the nutraceutical value of mushrooms, and particularly mycelia. “Our mycelial biomass products are minimally processed to ensure that the wholesome benefits of the mushroom are maintained in a plethora of metabolites and beneficial compounds. The mushroom mycelium offers a complete collaboration of healthful properties, which are expressed by the bioavailability of the mycelium’s protective compounds, provided in entirety, rather than isolates.”

David is also a perennial donor for SOMA Camp.



Oregon Coast Report

By Anna Moore

Rain and more rain - the most rain in September since 1927! If it ever stops, this might be an amazing fall mushroom season, if not, it will be the amazing mush season. Before the recent 10 inches, chanterelles were out in mighty numbers and getting large; on the trails I saw Pig’s ears, Cauliflower, Gypsies, Oregon Reishi, puffballs, the dyer’s polypore, some early Cortinarius species, Lepoitas, Chicken of the woods, Oysters, lots of LBM’s and of course the first lovely King boletes.

Game on.

Credits: Anna Moore



SOMA

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Santa Rosa, CA 95407

Issue 26:2 OCTOBER 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 (491B) 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 (492) 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

