



SOMANEWS

SONOMA COUNTY MYCOLOGICAL ASSOCIATION / Edition 26/5 January 2014

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DECEMBER 2013

DENIS R. BENJAMIN SPEAKS JANUARY 23 ON:

Mushroom 'Poisoning' Not Due To Toxins -- Denis R. Benjamin observes that, "Mushrooms and mushroom hunting can harm us in many ways other than the toxins they might contain. This presentation explores a variety of mechanisms from panic reactions, to heavy metals and pesticide contamination, to allergic reactions and even violence. It exposes the dark side of our favorite hobby." Denis grew up in South Africa, emigrating to the Pacific Northwest in 1970. He practiced pediatric pathology at the children's hospitals in Seattle, Washington and Fort Worth, Texas. He became an amateur mycologist soon after his arrival in the USA. He recently returned to the east slopes of the Cascade Mountains in Washington to continue his passion for mushrooms, the outdoors and natural history. He was a consultant to the regional poison control center, a former member of the Board of Trustees of the Puget Sound Mycological Society and a past Chairman of the Toxicology Committee of the North American Mycological Association. He is frequent speaker at mushrooms clubs and societies. In addition to nearly 100 professional publications, he has contributed to the lay literature and mushroom magazines. He was chosen to be a community Op/Ed writer for the Fort Worth Star Telegram. He is author of the landmark book on the health effects of mushrooms (Mushrooms: Poisons and Panaceas) and recently published a collection of mushroom foraging essays "Musings of a Mushroom Hunter: A Natural History of Foraging." Denis is now in the process of becoming a watercolorist. Hear him at 7:30 at the Sonoma County Farm Bureau, Santa Rosa, CA, 94931 (see the last page of this newsletter for map and directions).



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CALENDAR

January 10-12th-----	FFSC's Santa Cruz Fungus Fair
January 18th-19th-----	SOMA Camp Auction & Raffle
January 18th-20th-----	Camp at CYO Retreat Center, Occidental
January 23rd, 7:30PM---	SOMA Meeting Speaker: Denis R. Benjamin
January 25th, 10:30 AM-----	Foray at Salt Point Park
-----	(May you find many mushrooms!)

Happy
New
Year
2014!



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.

January 2014 SOMA

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President's Letter

DISPATCH FROM THE DUFF: SOMA Camp 2014 will be another excellent opportunity for mycophiles to explore the different sciences, crafts and hobbies associated with wild mushrooms. The schedule of classes has been complete for some time and available on line to those registered. Please follow the requests and instructions on what items to bring to camp and what to leave home.

This year the SOMA Camp planning group started their work last February. They discussed the strengths of previous camps as well as areas that needed improvement. A number of people deserve credit for their hard work and diligence to make this year's SOMA Camp even better. Regrettably, so far they have not been able to make it wetter. There are two kinds of SOMA Camps ... those held in the rain and those not. We have adjusted the classes presented at SOMA Camp. The time not hunting for wild mushrooms has increased. In addition, some other features of camp will be a little larger (think fabric arts, cultivation, the raffle and silent auction) thanks to the efforts of a number of staff members with assistance from volunteers. So, camp will be a little different in 2014, but it will be very enjoyable even without a lot of rain. I write this after looking at the next 30 day weather forecast. This year does remind me of 1977, 1978 ... when a number of neighbors reroofed their houses in December and January of those years, because the seasonal contractors saw an opportunity and reduced their prices significantly. Many of us remember flow arrestors, bricks in the water closet and the nightly telecasts reporting, "how much water consumption in Northern California was reduced". Followed by stories from the southland and how some folks were using the opportunity to wash cars, houses, and restore their lawns. Oh well, hopefully we will return to normal rainfall soon.

The Board continues to work with individuals promoting the, "Mycoflora of North America" project. We are working with the FFSC to insure money donated to the effort is accounted for in a manner the membership expects and the SOMA By-Laws require. This month both groups are engaged in presenting their primary fund raising activities and nothing will be decided until after January.

A decision to require permits to collect wild mushrooms at Salt Point State Park is now floating above the ether. After a productive summer and completion of a budget to begin making some necessary expenditures, the intense need (as seen by some) has taken a firm position on a back-burner. Blame it on the lack of rain, or good karma, or perhaps an idea whose time may not have come. The issue is significant and it is very important that SOMA maintain contact with the Rangers at Duncans Mills. The folks there mean only the best for everyone and the Board will make sure we are prepared to support a plan they require and is agreeable to the membership.

Our Holiday Pot Luck Dinner in December was, once again, a fine opportunity to see and taste the culinary skills and creations of the SOMA membership. Many inspired and excellent dishes were brought by about 30 folks to the festively decorated hall at the Farm Bureau. Of course, most selections contained diverse and delicious mushrooms as the primary ingredient. Others included local and homegrown vegetables in flavorful winter soups or stews. The buffet presentation also offered many tempting desserts that completed a random, but excellent, menu of choice preparations.

Looking forward to the New Year and the continued success of SOMA, calls for a special appeal at this time to ask our membership to VOLUNTEER in our great club. Three people joined the Board in 2013. There remains urgent need for three more members of SOMA to step forward and join the Board. The Treasurer position as well as the President positions must be filled this spring or sooner. Please consider donating 4-6 hours a month to keep the club in good health, make new friends and hang with some interesting folks.

Best regards,
Jim Wheeler

DECEMBER 2013 FORAY LIST: Compiled by Darvin DeShazer

The SOMA Member's Only Foray at Salt Point State Park in December was well attended and well fed! A total of 58 species were collected on the shortest day of the year in the worst drought on record. The list:

Agaricus californicus
Agaricus diminutivus
Agaricus moelleri
Albatrellus flettii
Aleuria aurantia
Amanita augusta



Credit: George Barron

Amanita muscaria
Armillaria mellea
Boletus edulis var. *grandedulis*
Bovista aestivalis

Cantharellus formosus
Chalciporus piperatoides
Chalciporus piperatus
Claviceps purpurea
Clitocybe sp.
Clitopilus prunulus
Cortinarius sp.
Craterellus tubaeformis
Cryptoporus volvatus
Daedalea quercina
Daldinia grandis
Galerina sp.
Gomphidius oregonensis
Gomphidius subroseus
Hebeloma crustuliniforme
Hydnum repandum
Hygrocybe conica
Hygrophoropsis aurantiaca
Hypholoma fasciculare
Inocybe sp.
Jahnoporus hirtus
Laccaria proxima
Lepiota sp.
Macrocyttidia cucumis

Marasmius calhouniae
Mycena capillaris
Mycena haematopus
Mycena leptcephala
Onnia tomentosa
Phaeolus schweinitzii
Pholiota terrestris
Pisolithus arhizus
Pleurotus ostreatus
Psathyrella piluliformis
Ramaria sp.
Rhizopogon occidentalis
Russula sp.
Russula cyanoxantha
Suillus brevipes
Suillus caeruleus
Suillus lakei
Suillus pungens
Suillus tomentosus
Trametes versicolor
Trichaptum abietinum
Tricholomopsis rutilans
Turbinellus floccosus
 & Unknown species

Among edibles on the tables were:

Agaricus diminutivus,
Albatrellus flettii,
Clitopilus prunulus,
Hydnum repandum &
Russula cyanoxantha

Clitopilus prunulus



Credit: Mykoweb

Hydnum repandum



Credit: Bow Valley Naturalists

Note: Davin suggests that among the six edibles, *A. flettii* and *T. rutilans* "are not worth trying."

By Patrick Hamilton

One small view that is only really a peek of our dream lands oftentimes takes place during that first wakeup into our mornings when realizing that we indeed woke up on this side of the dirt. Always the better way to start the day, surely. Still sleepy-eyed you might see a photo in the paper, on the computer, a bird out the window--wherever--and it reminds you that the night before a dream included that very same something.

Could be a bear, a red corvette, a lollipop, spaceship, flapjack, cute puppy dog -- whatever. Or it could be a mushroom. And there it is for us to wonder about and remember as well we can what the dream was all about, what else was in there waiting to be prompted into recognition and perhaps revelation. It's that way for me during mushroom season especially.

Our dream patches might hide from us images much like Doug-fir cones can conceal morels and maybe like a shadow in blackface they're at times hard to figure out but these are surely fun (vexing?) to have as companions when true meanings are not so important, eh? (What?)

We all are even dumbly aware how damnably the Rain Gods have anti-blessed us with their stinginess and so we've hunkered down and found other pursuits to occupy. We've taken up a field guide on clouds (there is one) and thought about seeing "Elmer Gantry" once more. We sardonically tell elsewhere folks suffering ice storms and floods that we too must endure Nature's fury as in: Oh well--another day here in Paradise.

It's been tough. And my dreams have been relentless in extending their agonies by causing me to visit them night after night, chapter after chapter, with sequels all of the same theme--that of no mushrooms. I keep looking by the fallen cones and under shrumps and up on tree trunks, down in creek beds, and always the same nothings. Not many mushrooms are hiding and none are in the open vistas of my dream worlds.

So with heavy mushroom heart I go into those dark forests again and again and find what we can each time we go and that is to have spent another glorious day in our Edens here. Instead of simply and boringly picking mushroom after mushroom (I am reaching here), we study the trees and shrubbery, the forest duff mélanges of disordered dropped

leaves and twigs and try to figure out what might/should be fruiting there.

I hired onto a job of taking folks out on forays and it's turned into a toilsome journey at times. With those super dry woods and still having to show a good time and attempting satisfying their fungal curiosities without actually finding a whole lot it's been tough, redux.

But what some have learned is how to tell a coffeeberry from a California myrtle, what can be done with salal, how much California bay laurel to use as an herb as compared to Mediterranean bay (half as much), what is a coastal live oak and which fungi to expect under them and also under Doug-firs, madrones, tan oaks and maybe even chinquapins. And we always do find some mushrooms. The old adage, "If you don't go you won't know" is so very true, eh?

Talk has already begun in serious tones regarding the Rim fire's possibilities and the logging operations scheduled and then the ensuing closures to keep us out "for safety reasons." I have been told in the past that nasty gnarly big fines are threatened for ignoring such warnings but I have never heard of one actually being levied. I have blithely (nice word) unheeded barriers put across forest roads and drove right on through, past others harvesting fiddleheads, cutting firewood, and even some loggers working. No one has ever bothered me so doing that. Just mentioning it for you folks to ponder on.

At SOMA's monthly meeting (held each third Thursday of the month during the season) for April, I might be giving a talk on morels and how to find them and how to cook them. By then more info will have been digested and strategies could be in place for a very cool morchella-induced plundering and pillaging of the hillsides and high mountain vales, dales, passes and valleys of the Sierras near always spectacular Yosemite.

In the meantime you can amuse yourselves with utilizing dried mushrooms and making delicious dishes for you and your loved ones. And after you make the following recipe more will you be loved.

This uses dried and frozen things. But good ones.

Corn Bread with Wild Mushrooms and Chiles

Serving Size: 4 Preparation Time :0:45

Amount	Measure	Ingredient	Preparation Method
3/4	cup	dried wild mushrooms, rehydrated, drained	chopped small
1/4	cup	jalapenos or other fresh chiles (optional)	finely chopped
1	tbl	olive oil or butter or mix	
3/4	cup	AP flour	
3/4	cup	cornmeal	
1/4	cup	sugar	
1	tsp	sea salt	
1/2	tsp	baking soda	
1/4	tsp	black pepper	
1/2	cup	unsalted butter	
2	each	eggs, large	
1	cup	buttermilk	
1/4	cup	milk	
1	16 oz pkg	corn, frozen,	thawed and drained
1/4	cup	scallions	chopped

Oven 350.

1. Sauté the mushrooms and chiles (if using) in butter or olive oil. Remove, cool.
2. Grease 9x13 Pyrex dish.
3. Whisk dry ingredients. Stir in eggs and milks, add mushrooms and chiles (if using) and corn, stir until mixed, fold in scallions. Transfer batter to dish, tap to level and remove air bubbles.
4. Bake 30-35 minutes until knife comes out clean.

This is really good and can be covered (smothered) in grated cheddar cheese the last 10 minutes of baking.

That's all folks!

Oyster Mushrooms & Chiles Credit: TacoMatrix



SOMA NEEDS A TREASURER...

The term of our treasurer, Karen Kruppa, is up in September 2014, so SOMA needs a new treasurer. A volunteer who would fit the needs of SOMA will :

- Be available for monthly Board meetings - Treasurer is an Officer level position of SOMA. Board meetings first Wednesday of month, currently in Sebastopol. 1-2 hours per month.
- Have knowledge of bookkeeping and/or accounting necessary. Able to interact with bookkeeper by email. Accounting on Quickbooks. 1-2 hours per month.
- Meet monthly/annual accounting deadlines.

The ideal volunteer will be available to begin transition of duties starting May (or before) 2014.

SOMA is a volunteer, 501c3, non-profit organization and exists solely to educate and support education in mycology. As a non-profit organization, we depend on volunteers.

Please contact SOMAtreasurer@somamushrooms.org if you are interested or would like more information.

...AND A MAILING MANAGER!

A volunteer is needed to mail the SOMA News!

If you receive the mailed version of the SOMA News and want to continue to receive it, then step up and volunteer to manage the mailing. This task requires only about an hour or so of your time per month, since the percentage of members opting for email delivery is constantly growing. You will also need some computer skills to be able to print labels to put on the newsletter.

Tom Cruckshank edited the SOMA News for over five years and has steadfastly continued to do the mailing for the past three years, although he receives the newsletter by email.

Ideally the next mailing manager might be one of the current or past SOMA Board members who have long insisted on receiving the mailed version. Alas, the mailed version of the SOMA newsletter could be at risk without new management assistance.

If you are interested, please contact Tom Cruckshank at tac@monitor.net.

Many thanks.

ALL IN A NAME

By Mycolog Editor Jeb Douglas

(Adapted from the January HMBS newsletter)

After sitting through numerous mushroom talks at club meetings, I have noticed that the pronunciation of Latin names does not always seem to follow the rules that I was taught during my college studies in biology. I have included some of the rules below to help people correctly pronounce the Latin mushroom names.

Words of two syllables are stressed on the first syllable: Femur = "FE-mur."

Words of more than 2 syllables:

(a) are stressed on the second to last syllable IF: the vowel of that syllable is followed by two or more consonants (making the vowel short). Lamella = "la-MELL-a."

(b) are stressed on the second to last syllable IF: the vowel is long (or transliterates to a Latin long vowel, for example, Greek eta and omega), including some digraphs. (Applies to many Latin inflectional suffixes: americanus, lateralis, alpinus, rosinae.) Pectoralis = "pec-to-RAL-ls."

(c) are stressed on the third to last syllable if 2a and 2b do not apply. Agaricus = "a-GAR-i-cus."

Of course there are exceptions to the rules, just like in English, so if you are interested in learning more about this topic, please visit the source I used for the above rules: http://courses.washington.edu/ehuf462/462_mats/pronunciation_of_biological_latin.pdf.

Thus, *Pleurotus ostreatus* would sound like "Plu-RO-tus os-TRE-a-tus."



Credit: Freedigitalphotos.net

NOT YET A MEMBER? JOIN SOMA TODAY!

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? Head to <http://somamushrooms.org/membership> before the mushroom season is over!

December 2013 Dinner Review: À La Fortune Du Pot

By Charles W. Thurston

The end of the year mushroom dinner party was a great success from both a culinary and an attendance perspective for the epicures and talented chefs of SOMA. The festive decorations, ample supply of wine, and hearty appetites helped guarantee that a good time was had by all. While we had no judge of the informal competition, here are just a few of the dozens of standout dishes that graced the long tables:

**Grilled Salmon with
Black Morel Sauce**



By Arvid Ekenberg

Shitake & Vegetable Pie



By Patrick Hamilton

Shitakes & Multigrains



By Meredith Sabatini

Candy Cap Cookies



By Tim McCarthy Smith

Sweet Potatoes & Candy Caps



By Karen Kruppa & Tom Cruckshank

Black Trumpet Chowder



By Dick Perrone

Our regrets to the chefs not featured for a lack of space to highlight all the delights of the evening.

SOMA

PO Box 7147
Santa Rosa, CA 95407

SOMA News

Edition 26/5 January 2014

SOMA usually meets on the third Thursday of the month throughout the year (September through May), at the Sonoma County Farm Bureau , 970 Piner Road, Santa Rosa, California, 94931. 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

