



SOMA NEWS

SONOMA COUNTY MYCOLOGICAL ASSOCIATION

VOLUME 27 : 2

October 2014

Patrick Hamilton SPEAKS AT SOMA MEETING on October 16th:

“Want To Learn How To Really Find Mushrooms?”

We didn't have to look too far for this month's speaker: He's from our own patch. Patrick has spoken here to us before, once about morel hunting and another time with Connie Green about commercial picking.

This time he will reveal to all who attend how to become a really, really, good mushroom hunter. There are tricks he's discovered over the years and some plain learning too that he feels should be revealed now to the many and maybe he'll even tell where the best places are to go, and when. (For years rumors have circulated regarding Patrick's Porcini Patch map--perchance he'll have this with him!)

He's been one of our SOMA Camp chefs and is our current monthly foray chef and this night he will prepare for you (while talking--not a problem for him) button mushrooms (*Agaricus bisporus*) like your momma wished she'd known how to make. Think “Classic Steakhouse Style” and “Perfect Marinated Mushrooms.”

Recipes handouts will be available.

Hear him speak on October 16th at 8:00 at the Sonoma County Farm Bureau, in Santa Rosa. (See the last page for map and directions).



INSIDE THIS ISSUE

PRESIDENT'S LETTER: DISPATCH FROM THE DUFF-----	BY JIM WHEELER P. 2
SEPTEMBER FORAY RESULTS-----	BY DARVIN DESHAZER P.3
THE FORAGER'S REPORT: OCTOBER 2014-----	BY PATRICK HAMILTON P.5
RECIPE OF THE MONTH: MUSHROOMS A LA COTATI -----	BY PATRICK HAMILTON P. 6
SOMA CALENDAR & NOTES-----	P.7
MAP TO SOMA MEETING-----	P.8



EMERGENCY MUSHROOM POISONING ID: After seeking medical attention, contact Darwin DeShazer for identification at (707) 829-0596. Email photos to: muscaria@pacbell.net and be sure to photograph all sides, cap and of the mushroom. Please do not send photos taken with older cell phones – the resolution is simply too poor to allow accurate identification.

NOTE: Always be 100% sure of the identification of any mushroom before you eat it!

THE SONOMA COUNTY MYCOLOGICAL ASSOCIATION (SOMA) IS A NON-PROFIT (501C) EDUCATIONAL ORGANIZATION DEDICATED TO MYCOLOGY. WE ENCOURAGE ENVIRONMENTAL AWARENESS BY SHARING OUR ENTHUSIASM THROUGH PUBLIC PARTICIPATION IN MEETINGS AND IN GUIDED FORAYS.

SOMA OFFICERS

PRESIDENT

Jim Wheeler
SOMApresident@SOMAmushrooms.org

VICE PRESIDENT

Vacant

SECRETARY

Gene Zierdt
SOMAsecretary@SOMAmushrooms.org

TREASURER

Judith Tye-Angell
SOMAtreasurer@SOMAmushrooms.org

COMMITTEES AND BOARD MEMBERS

BOOK SALES

Tom Campbell
tashton@sbcglobal.net

CULINARY GROUP

Chris Murray
SOMAculinary@SOMAmushrooms.org

CULTIVATION CLUB CHAIR

Vacant

FORAYS

Patrick Hamilton
mycochef@sbcglobal.net

MEMBERSHIP

George Riner
SOMAmembership@SOMAmushrooms.org

MUSHROOM DYE COORDINATOR

Dorothy Beebee
SOMAmushroomdyes@SOMAmushrooms.org

SCHOLARSHIPS

Rachel Zierdt
scholarships@SOMAmushrooms.org

SCIENTIFIC ADVISORS

Darvin DeShazer
(707) 829-0596
muscaria@pacbell.net

Chris Kjeldsen, Ph.D.
(707) 544-3091
chris.kjeldsen@sonoma.edu

SOMA CAMP DIRECTOR

SOMAcampinfo@SOMAmushrooms.org

SOMA CAMP REGISTRAR

Chris Murray
SOMAregritar@SOMAmushrooms.org

SOMA NEWS EDITOR

Charles W. Thurston
SOMAnewseditor@SOMAmushrooms.org

SOMA WEB MASTER

Martin Beebee
SOMAinfo@SOMAmushrooms.org

VOLUNTEER COORDINATOR

Lee McCarthy-Smith
Volunteer@SOMAmushrooms.org

President's Letter

DISPATCH FROM THE DUFF:

Preparations for SOMA Camp 2015 continue for the planning group. The class schedule is nearly complete and main speakers have accepted our invitation. Gary Lincoff, author of "The Audubon Guide to Mushrooms", and David Law, of Gourmet Mushrooms, will speak to the campers on Saturday and Sunday night. We look forward to another successful, informative and hopefully, wet camp. The September rains were a welcome change and maybe promising harbingers.

Our Volunteer Appreciation Day picnic was held in July at Riverfront Regional Park in the shade of the Redwood grove. More than 45 people attended and enjoyed the pot-luck picnic. Preceded by grilled mushrooms and grilled, or raw, oyster appetizers, there were many delicious dishes shared by all. The "Bodega Bay E-Z Shucker" (patent pending) re-appeared. Because many picnickers had the opportunity to operate the device, all the shellfish were quickly prepared. (In case you wondered, the oysters were from Washington ... local oysters were available, but unaffordable at the price asked.) Justin Reyes' selection of grilled mushrooms from Gourmet Mushrooms was very popular. Jessica Holloway helped plan the event, organized the menu, and led the clean-up brigade. Thank you, Jessica. September's Foray began with the well-practiced activity - "Clean-Up Day", at the Woodside Campground. It is at least in its sixth or seventh year. Estimated weight of the trash collection was 62 pounds, or so. The camp sites were in good condition and not much debris was seen, nor found. It was mostly wrappers from processed foods and aluminum cans. No object d'art were found nor displayed. Minor note The Rangers do check all cars in the parking area for the 'Daily Use Permit', the yellow envelope tag. They continue to give an initial warning, but they have issued fines to some drivers.

Stephanie Jarvis spoke at the September Speaker Meeting at the Farm Bureau to about 35 members. She presented her talk on the "Commercial Cultivation of Truffles". She is the proprietor of Napa Valley Fungi, a self-professed mushroom geek, and a former SOMA Scholarship recipient. Her talk included the history of truffle cultivation, current practices and projected economics of current truffle cultivation. Many in the audience were unaware of the extensive truffle growing fields in southern France, in the middle and late eighteen hundreds into the twentieth century. There were an estimated 75,000 hectares (190,000 acres), in production at one time. But war and the exodus of people from rural areas to cities reduced the 'trufficulture' work force significantly. The French truffle industry did not survive after the nineteen twenties. Modern techniques and the economics of truffle growing has renewed interest in growing truffles, as noted by the number of published articles and festivals planned. Stephanie has advised and assisted a number of truffle growers in Sonoma and Napa County. She has helped plan and plant inoculated hazelnut and oak trees in orchards. Stephanie has a number of active accounts at the moment and would like to develop a business using her expertise and experience. We wish her well and much success.

Look for announcements for SOMA Camp 2015 registration and details over the next few weeks.

Best regards,

Jim Wheeler

September Foray: Salt Point State Park

By Darwin DeShazer

The fungi displayed at the SOMA monthly foray was impressive in one category, the polypores. A massive amount of Dyer's Polypore, *Phaeolus schweinitzii*, was collected and saved for the upcoming SOMA Camp. As expected in this drought year, the ground was dry and fungi were common only on wood. Edibles were sparse but a few samples were found and discussed during the display table talk.

The Species List:

Amanita augusta

Amanita calyptroderma

Amanita pachycolea

Cantharellus formosus

Cantharellus roseocanus

Claviceps purpurea

Connopus acervatus

Conocybe tenera

Coprinopsis sp.

Crepidotus sp.

Cryptoporus volvatus

Endocronartium harknessii

Fomitopsis pinicola

Ganoderma oregonense

Lenzites betulina

Phaeolus schweinitzii

Porodaedalea pini

Postia guttulata

Pulveroboletus ravenelii

Ramaria sp.

Russula sp.

Schizopora paradoxa

Stereum hirsutum

Trametes hirsuta

Turbinellus floccosus



Amanita pachycolea

Credi: Darwin DeShazer



Phaeolus schweinitzii

Credit: Eugene Reimer

Next Public SOMA Foray (Limit 40) Oct 18th; Salt Point State Park, Sonoma County; 10AM

The Forager's Report: October 2014

By Patrick Hamilton

Here it is just October and the porcini season has been already in full swinging, fruiting, swagger. “Whaaa?” You say. “Huh? Did we miss something?” I don’t know--did you?

I do know some folks who missed very little, missed so not that they have great fat stashes yet as some of you fret reading of this

Since the closest mushroom rains to us came back in August up to the Sierra Nevada, *Boletus edulis* var. *grandedulis*, our mountain late summer/fall “porcini,” has popped its grandly edible self so sweetly. Large numbers of soul-numbing yummy wondrous not-so-little piggies pooped themselves out early this season--so early that many pro procrastinators sat idly by (isn’t that how they always sit?) and didn’t go--others did tho.

So? So what good does this “Foragers’ Report” do us, you could ask. Not much unless you learn that for next year keep your ear to weather wavelengths and look at what’s happening in the mountains even if it’s early August. . . .

And speaking of weather, the PNW has been almost as dry as Northern California until just recently so that is why you’ve seen chanterelles and matsutakes maybe only in the past week or so in our markets and they probably are expensive.

Late summer mushrooms around here have been the usually suspected sulfur shelves, some assorted flower pot and bed non-edibles, a few amanitas on the coast including *A. pachycolea*, *A. augusta* (formerly *A. franchetti*), and a very early *A. calyptroderma*, many conk-types, and even an early *Turbinella floccosus* (formerly genus *Cantharellus*).

If some of you enjoy having a fascinating session deciphering Latin and Greek roots for mushroom (or any, really) names I fearlessly recommend this little paperback printed in 1960 and which I may have paid \$10 or so 20+ years ago: Dictionary of Word Roots and Combining Forms by Donald Borror. I just looked it up on Amazon and it has become rather pricey (yikes!) but it is a great way to learn such as *Amanita muscaria* = “a kind of fungus, of a fly” from Greek “amanit” and “muscar” from Latin. And you probably thought certain folks were born just knowing such stuff.

There is irrefutable proof that good cooks are born (I have that in a book somewhere) but all cooks are made better by learning from recipes and here we present (see page 5) to you (free!) two fondly conjured ones both involving one of the world’s favorite fungi. . . . Button mushrooms!

(Psst!--Anybody want to taste these without having to go through the recipe rigmarole simply come hear our October speaker. For listening to him you’ll be rewarded with free[!] food.)



Overflowing Boletes

Credit: Kim Plischke



Amanita pachycolea

Credit Mycoweb



Button mushrooms

Credit: FineArtAmerica

Recipe of the Month: Mushrooms *a la* Cotati

By Patrick Hamilton

Mushrooms *a la* Cotati ~A SOMA style take on classic Mushrooms al Grecque ~

Serving size: 8 as an appetizer

Amount	Measure	Ingredient	Preparation Method
1/ 2	cup pounds	extra virgin olive oil button mushrooms, small	bases trimmed
1	each	S & P	
3	cloves	shallot, lg	sliced thin
1	tsp	garlic	crushed and peeled
3/4	cup	oregano, dried	
1/2	cup	red wine vinegar	
1	cup	water	
1	tbl	Dijon mustard	
2	tbl	Italian parsley	minced

1. Sauté mushrooms in 2 tbl of the oil with some salt, over medium heat, stirring a bit, covered, about 10 minutes. Uncover and cook, stirring occasionally, until the liquid is gone, about 5-7 minutes (mushrooms should be colored a little).

2. Add shallots, garlic, oregano and pepper flakes, and cook about 2 minutes. Stir in vinegar and water, turn up heat, boil and reduce by 1/2.

3. Mix Dijon, the remaining oil, 1/4 tsp salt and a bit of black pepper, until well blended in a large bowl. Add the mushroom mixture and combine.

4. Allow to cool, stir in the parsley, cover and put in fridge for an hour or until well chilled. Adjust seasonings at service.



SOMA Style Steakhouse Mushrooms

Serving Size: 6 as an appetizer or small side dish

Amount	Measure	Ingredient	Preparation Method
1 1/2	pounds	button mushrooms, small	leave whole or cut in 1/2
2	tbl	unsalted butter	
1/2	each	onion, medium	diced
4	cloves	garlic	minced
1/4	cup	red wine (Zinfandel good here)	
1/4	cup	beef stock (or vegetable)	
1	tbl	Worcestershire sauce	
		sea salt	
		black pepper	

1. Sauté the mushrooms and onions in butter over medium heat with some salt. Cook for about 5-7 minutes until the mushrooms release most of their water. 2. Add the garlic and continue cooking for another 2-3 minutes until garlic is golden.

2. Add the garlic and continue cooking for another 2-3 minutes until garlic is golden.

3. Add the wine and stock, increase the heat, reduce by 3/4, add the Worcestershire sauce, stir. Remove from heat.

4. Grind black pepper over and serve.

That's all folks!

SOMA Calendar & Notes:

Contribute to SOMA NEWS!

We are interested in hearing from our members and others in our broader community about their recent experience with mushrooms, be it an academic project, a cooking success, a foray, an art project, a meeting, a restaurant, a book review or just photos, for publication in the SOMA News. The monthly deadline is just before the first of the month. One page is about 500 words, which is a good starting point for tall tales, but short notices also are welcome. Photographs should be high resolution, close to 300 dpi high resolution or a jpg file of close to 1MB; credit is given. In a case where your idea for a contribution might be duplicated by some one else -- like a book review -- we suggest that you check in before writing. We can not guarantee that anything will be published, and we reserve the right to edit as we see fit for print, but fear not. Please send your contributions to: SOMAnewseditor@SOMAmushrooms.org.

SOMA Calendar 2014

Oct 16th -- SOMA Speaker Patrick Hamilton; Sonoma Co. Farm Bureau, Santa Rosa; 7PM

Oct 18th -- Public Foray (Limit 40); Salt Point State Park, Sonoma County; 10AM

Nov 5th -- Board Meeting at 6:30pm

Nov 20th -- Meeting Speaker Dr. Denis Desjardin; at Sonoma County Farm Bureau, Santa Rosa; 7PM

Nov 22nd -- Public Foray (Limit 40); at Salt Point State Park, Sonoma County; 10AM

Dec 3rd -- Board Meeting at 6:30pm

Dec 13th -- Pot Luck Dinner; at Sonoma County Farm Bureau, Santa Rosa; 7PM

Dec 20th -- Members Only Foray at (Limit 40); at Salt Point State Park, Sonoma County; 10AM

Best Edible Mushrooms of Sonoma County: October 23rd

Presentation with Darvin DeShazer, with environmental notes on their role in the ecosystem.

Thursday, October 23, 7:00-8:30pm

Location: Heron Hall, Laguna Environmental Center, 900 Sanford Road, Santa Rosa, CA 95401

\$10 at the door. No RSVP necessary.

The mushroom season follows the rains so the season will be starting very soon. We have about 3,000 species of fungi in Sonoma County and approximately half are edible. Learn which are the best for the dinner table, where to find them and some culinary tips for enjoying them. Because their natural role in the environment is a major clue to their fruiting habitat, understanding a small amount of Biology will often yield better results in hunting them. Join us for an evening slide show and learn about the strange world of wild mushrooms.

Radical Mycology Workshop: November 5th

Workshop: Radical Mycology: Spawning Mycelial Networks At the Sebastopol Grange 6000 Sebastopol Ave (Hwy 12), Sebastopol, CA 95472

Wednesday, November 5th 7-9pm

A 2-hour presentation on the uses of fungi for personal, societal, and ecological healing. Concepts of fungal ecology and mushroom cultivation are tied with the means for creating resilient lifestyles and communities to present a novel worldview based on the cooperative relationships found throughout the fungal kingdom.

Cost: Suggested donation of \$10-30 at the door

WOULDN'T YOU LIKE TO BE A MEMBER OF SOMA?

JOIN US TODAY!

Membership in the Sonoma County Mycological Association, or 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>; this the mushroom season is just beginning!

Head to <http://somamushrooms.org/membership> and sign up!

SOMA CAMP 2015 IS OPEN FOR REGISTRATION!

SIGN UP TODAY!

<http://www.somamushrooms.org/camp/registration/index.php>

SOMA MAP & DIRECTIONS

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 Road

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!

