

# S.O.M.A.

Sonoma County Mycological Association: May 2018

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## MAY EVENTS

**SOMA Meeting** Come identify mushrooms (bring your mushrooms for identification), and hear a guest speaker

**May 17<sup>th</sup> Thursday night meeting**

**When & Where:** 7:00pm at the Sonoma County Veterans Auditorium in the North Room to the North side of the building. Side entry is easiest. There are signs in the Vets building to help you find the room [Map >](#)

**May Morel Mushroom Foray May 26-28<sup>th</sup> Camping trip**

Joining us? Be sure to have your permit and bring your camping gear! The info is in this issue. You will be responsible for yourself during the trip. Bring what you need.

June Epicurean Adventure **Saturday June 16<sup>th</sup> from 3:30 to 6 PM** [Sign Up](#)







## MAY SPEAKER

Jennifer Harrower Scholarship recipient

Symbiosis under climate change: Investigating Joshua trees and their mycorrhizal fungi

Juniper Harrower

PhD candidate ENVS, UC Santa Cruz

[www.juniperharrower.com](http://www.juniperharrower.com)

Can you imagine Joshua Tree National Park without any Joshua trees? The iconic tree is under threat from climate change and may be extinct from its namesake park within a human lifetime. The places where they live could become too hot and dry for them or the species that they depend on to survive. Joshua trees have an intricate symbiotic relationship with an unknown community of mycorrhizal fungi. In exchange for plant sugars, these fungi provide the trees greater access to limiting nutrients and may help fortify them against disease and drought. However, these relationships exist on a spectrum of mutualistic to parasitic outcomes depending on the species involved and where the symbiosis is happening. My research looks at how the interaction between the trees and fungi may change with climate and other environmental factors and considers how we can best manage for their future survival.

I further investigate these topics as a multimedia artist - creating animations, an online dating site for Joshua trees, and an experimental painted soil study - to highlight and explore the complexities of these relationships, and to share their incredible beauty.





# FORAY REPORT

## Foray Report



April 2018 Foray group!

April 2018

SOMA's last SPSP foray and pot luck party of this mushroom season was as good as it gets for the foragers and revelers (not ever mutually exclusive for us!) on Saturday, the 21st, when the sun was shining and the living was easy. Oh yeah.

Lots managed to sign up on-line and/or sweet talk the foray coordinator into putting them on the waiting list (one is kept only in the minds of those who believe there is one but members only ever get on there. . . ).

So many were enticed into bringing fine offerings and great enthusiasms that our pot luck tables and park trails were full of folks noshing and goshing at what both Mother Nature and peoples' kitchens could provide. Yep.

The specimen table had the attentions of all who attended Kingman's and George's i.d. session informally held a bit before lunch as folks brought in their baskets but "formally" the class was held after we ate.

Yes--we do put a certain order to things when almost 50 people with their own minds (imagine!) could simply wander about and create a mini pandemonium if not so done this way. And this is also why to some the way we begin might appear to be a bit like summer boot camp in that folks are asked to "listen up" and gather by the foray leaders so that we can get into the woods smoothly and quickly as possible. Always better to be in the woods than just close to them, mingling, and wondering what is up next.





The club provided for everyone's lunch SE Asian style soup of many textures and varied layered flavors with several species of mushrooms, some exotic, but also the familiar and greatly loved grocery store buttons (*A. bisporus*) too in honor of our monthly speaker and *agaricus* master, Rick Kerrigan. In an attempt to exclude no one from this fungally fine phantasmagoria we provided too a vegan option.

Yes--we do try to satisfy the expectations of all who come to our affairs and hope that enough forayers will become productive members to keep us going smartly for years to come.

Some of the regulars showed up big to lead the various hikes: Jennifer, George, Michael and Aaron, Ivy, and Kingman took out a group (as he does always).

The mixed forests of the park provided some fine finds of belly buttons--both innie and outie--some cortis and candy caps and corals, blacks, wolf farts!, artists' conks, and enough other cool stuff to make for a really nice late season day.

The April foray species list was compiled by Kingman, Mikael, and Finola (thanks so much to you three!). This is a tedious but educational thing to do so do take a moment and give a look-see and begin to get for yourselves what comes up when. Take some time and look up any unfamiliar fungi below in one of the books available--especially Mushrooms of the Redwood Coast for the most current names. It can serve your brain's library well and also help expand your mushroom vision a.k.a. "mushroom eyes."







## SALT POINT SPECIES LIST

Species List SOMA Foray

4-20-2018 Compiled by

Kingman, George Riner, and

Patrick Hamilton

*Amanita novinupta* group

*Agaricus* section *Minores*

*Aleuria aurantia*

*Armillaria sinapina*

*Annulohypoxylon*

*thouarsianum*

*Cantharellus formosus*

*Caulorhiza umbonata*

*Clitocybe sensu lato*

*Cortinarius* subgenus

*Telemonia*

*Cortinarius*

*Crepidotus mollis*

*Craterellus calicornucopioides*

*Craterellus neotubaeformis*

*Cryptoporus volvatus*

*Cuphophyllus virgineus*

*Cuphophyllus russocoriaceus*

*Clavulinopsis laeticolor*

*Coltricia perennis* group

*Dacrymyces chrysospermus*

*Entoloma decolorans* group

*Fomitopsis pinicola* group

*Geastrum* sp.

*Ganoderma brownii*

*Gomphidius subroseus* ?

*Gliophorus psittacinus*

*Hygrocybe* sp.

*Hygrocybe laetissima*

*Hygrocybe coccinea*

*Hydnum repandum*

*Hydnum umbilicatum*

*Hydnellum* sp.

*Hypholoma fasciculare*

*Inocybe* sp.

*Inocybe lilacina*

*Inocybe geophylla* group

*Inocybe cinnamomea*

*Lactarius aestivus*

*Lactarius rubrilactus*

*Lactarius rubidus*

*Leotia lubrica*

*Leptonia* sp.

*Leucoagaricus* sp.

*Lepiota roseolivada*

*Lycoperdon pyriforme*

*Lycoperdon umbrinum*

*Melanoleuca melaleuca* group

*Mycena* sp.

*Mycena pura* group

*Marasmius* sp.

*Nolanea holoconiota*

*Otidea*

*Psathyrella spadicea* group

*Phaeolus schweinitzii*

*Phylloporus arenicola*

*Pluteus cervinus* group

*Pluteus exilis*

*Polyporus badius*

*Suillus fuscotomentosus*

*Ramaria apiculate*

*Ramaria violaceibrunnea*

*Ramaria* sp.

*Rhodofomes cajanderi*

*Russula sanguinea*

*Russula olivacea*

*Russula brevipes* group

*Russula cremoricolor*

*Russula fragrantissima*

*Stereum hirsutum*

*Tremella aurantia*

*Trametes versicolor*

*Trametes betulina*

*Tricholomopsis rutilans*

*Turbinellus floccosus*

Honorable mentions

-*Myxomycetes*

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## MUSINGS FROM MEMBERS

Cleaning Morels: Looking to get everyone's input on how to get dirt/critters off Morels without ruining them. How do you clean your morels? Cooking for family means "extra protein/texture" not gonna fly. How long will they store afterward? Thanks for any all input. Responses received: First I rinse them thoroughly. Afterward I soak them in a brine of about 2Tbsp salt per half gallon water, for





one hour. Afterward I rinse thoroughly again. Then I drain well and store in bowls lined with paper towels. I rinse before I cook as well. Why the brine? Because bugs don't like salt. Option 2: For a quick de-bug I like to put about any ol mushroom in a metal bowl with a low grate to keep them off the bottom. Heat the bowl howeva and the buggies usually bail and dry in the bowl for easy cleanup. Option 3: Use a vibration machine to bounce the bugs out. Option 4: Eat the buggy ones for yourself if you're ok with that and feed the bug free ones to the family (You'll eat them all). Problem solved.

#### **Talks of recent mushroom finds:**

Yellowfoot, black trumpets and hedgehogs found this past week in SPSP.

Morels found at 4,800 ft. Tahoe NF. (as Pictured)

Santa Cruz mountains yielding interesting yellow stainer amanitas.



Figure 1 Facebook group Mushroom Hunters of California by Max Hunter

## CULTIVARS CORNER

**May Spawn Reports:** To obtain spawn for growing edible mushrooms try [fungi.com](http://fungi.com)

We have a [cultivation group](#) that supports growing your own mushrooms! Here's the inoculation video just in case you haven't seen it yet: <https://youtu.be/mzN-N8deYW4>

Connect on the Yahoo [Cultivation Group](#) for friendly support with growing your own!

<https://groups.yahoo.com/neo/groups/SOMA-Cultivation/info>

**Healthy Hiking:** 'Tis the season of bright green leaves-of-three which as you know can be poison as can be. The sun is out and it's tempting to hike in shorts or flip flops, I know. There's good reason to stay on-trail till the next mushroom season starts again in October. Stay covered from wrist to toe so not to pick up ticks and when you get home, wash your clothing and wipe down your shoes & laces to prevent the spread of poison oak. Happy hiking everyone! -Ivy Hunter





## EPICUREAN ADVENTURES

The SOMA [Epicurean Group](#) is hosting  
[a mushroom dinner!](#)

At the Holydale Community Clubhouse;  
10250 Field Ln, Forestville.

**Saturday June 16th from 3:30 to 6 PM**

Appetizers will be served at 3:30 PM.

We are considering possibly having a presentation to make the day more interesting and educational. Let us know if you have an idea about something you want to share with the group.

The main course will be prepared by Julie & crew. We ask that you bring either an appetizer or dessert, with an emphasis on mushrooms, and let us know what that dish will be. You will be asked during registration if you can help, in any way, with the following - *meal prep, set up or clean up (1hr)*.

Contributions for this meal are \$20 per person. Please use our PayPal link on the [signup form](#) or mail a check, payable to SOMA, to:

Jennifer Levine  
17408 River Lane  
Guerneville, CA 95446

Payment must be received prior to the event in order to guarantee your place and allow the chef to estimate ingredient purchases.

We have a new form too: [register to participate in an Epicurean event](#) :  
<https://goo.gl/forms/jxchWSzTbx9LRtOG2>

Please complete the form so we know you will be attending. If you would like to communicate with us about this event, please email Jennifer Levine at : [grinnifer@yahoo.com](mailto:grinnifer@yahoo.com)



Please put "Epicureans"  
in the memo

- ✓ You must be a SOMA member to participate in this event.
- ✓ If you are a member, you can bring a guest. Please be sure to note that information in the form when you fill it out.
- ✓ No need to bring plates, utensils or glassware, all will be supplied!





## MAY MEMBERS ONLY FORAY

### **HELLO SOMA MEMBERS!**

SOMA IS HOLDING OUR ANNUAL MOREL & SPRING BOLETE FORAY ON MEMORIAL DAY WEEKEND! It is FULL please carpool

Who: Members Only no guests, all registered must be members

Where: Sierra National Forest - South of Yosemite

**When: Saturday May 26th - Monday May 28th**

### **THIS EVENT IS FREE TO SOMA MEMBERS!**

SOMA base of operations will be an undeveloped campsite in the National Forest (a schedule and further information will be sent via email to those who register)

### **REGISTER FOR THE FORAY**

<https://goo.gl/forms/EBZN7Y06qvT7i6J3>

Each person will need to register individually!

### **WE WILL BE CAMPING IN THE WILD!**

(we plan to camp in a place that a two wheel drive vehicle can access)

**MUSHROOM HUNTING PERMITS ARE REQUIRED IN SIERRA NATIONAL**

### **FOREST**

You will be expected to acquire your permit at one of the following Ranger Stations:  
**(please call for hours & cost of permit)**

The information has been sent to registered attendees. If you are unable to attend please contact Kingman right away so we can open a space on the foray.

Permits will be obtainable on May 26<sup>th</sup> from the rangers office where we will be camping.  
Get your permit when you arrive.

**HOPE TO SEE YOU THERE!**



April public foray at SPSP 2018





## OUTSIDE EVENTS AND INFO THROUGH THE GRAPEVINE

### Monthly West County

summer hikes: **Hike the trails in the west county**

**sign up** for more information and to be placed on the notification list.

### Paul Stamets Into the MycoVerse May 23rd, 7:00pm

at the Herbst Theatre 401 Van Ness Avenue, San Francisco, CA 94102

Join Paul for an informative talk on mushrooms that aims to deepen your understanding and respect for the organisms that exist under every footstep.

His talk covers a range of mushroom species and new research showing how mushrooms can help the health of people and planet. Habitats have immune systems, just like people, and mushrooms are cellular bridges between the two. Our close evolutionary relationship to fungi can be the basis for novel pairings in the microbiome that lead to greater sustainability and immune enhancement.

Join Paul for this journey into the MycoVerse, deepening our understanding of our planet and ourselves along the way. Also, Paul will be the keynote speaker at this year's Telluride Mushroom Festival, a 3-day celebration of all things fungi in beautiful Telluride, Colorado. More information can be found at the **event web site**.

Tickets can be purchased [here](#). You heard it in the SOMA news!



### Gourmet Mushroom Tour – Marin Members-Only

Hosted by [Mycological Society of Marin County](#) Thursday, May 24 at 9:15 AM - 1:30 PM PDT

Gourmet Mushrooms Inc. / Mycopia 2901 Gravenstein Hwy N, Sebastopol, California 95472 This event is a members-only tour and is limited to 25 people on a “first come, first served” basis. If there is enough interest, a second tour will be forthcoming at a later date. Should you be interested in participating in this tour, please email [finolag@hotmail.com](mailto:finolag@hotmail.com). We will be carpooling and leaving from Novato at 9:15 a.m. on Thursday, May 24.







## Free Second Saturdays at Armstrong Redwoods & Austin Creek

Public · Hosted by [Save the Redwoods League](#) and [Stewards of the Coast and Redwoods](#) May 12<sup>th</sup> 10 am to 4pm [TICKETS REQUIRED](#) Celebrate the League's Centennial on [#FreeRedwoodsDays](#)! Spend the day strolling through an awesome redwood grove. It's on the house: @SaveTheRedwoodsLeague & @CAStateParks are offering limited FREE day-use passes to 40+ participating redwood state parks on the 2nd Saturday of every month in 2018.

### IMAGE OF THE MONTH

**Found: Foray leaders Ivy and Jennifer led a foray into the campground and there were hedgehogs along the way!**



Photo by Ivy Hunter





A photograph of a forest floor covered in moss and various mushrooms. In the foreground, there are several large, light-colored mushrooms with gills, some showing signs of decay. In the background, there are bright orange mushrooms growing among the moss.

Videos: Check out one of Patricks foray uploads and expect more to come on [YouTube](https://www.youtube.com/channel/UCZxeTVASGrFOWoFH11hHdAw)  
<https://www.youtube.com/channel/UCZxeTVASGrFOWoFH11hHdAw>

Video playlist created by the editor for avid Northern California hiking armchair travel:  
<https://www.youtube.com/playlist?list=PLMq9mge5fYIgg7clzWixtFvu8wIVlkw>





## RECIPE OF THE MONTH:

### Pickled Mushrooms

by Forestville restaurant **The Backyard**

As seen at SOMA Camp 2018 demonstrated  
with Hedgehog mushrooms

- 1 pound Mushrooms of your choice
- 2 cups Non-GMO Rice Bran oil
- 2 cups Apple cider vinegar
- ½ head Fennel Sliced thin
- 2 Shallots sliced thin lengthwise
- 1 Tablespoon large fresh cracked pepper corns  
– this is demonstrated with Pink Peppercorns
- 1 teaspoon Grey Sea Salt
- 1 Quart size mason jar or several smaller jars

#### Directions:

1. In a small pot, place the oil, fennel, shallots, black pepper and salt. Sweat the ingredients on medium heat for 2 minutes.
2. Add the apple cider vinegar, mushrooms, and bring to a boil.
3. Turn off the heat and let everything sit for 5 minutes.
4. Drain the ingredients and set out onto a towel to press lightly dry, and then move this from towel to quart sized mason jar.
5. Cover with about 2 cups of oil, seal the jar, and refrigerate immediately.



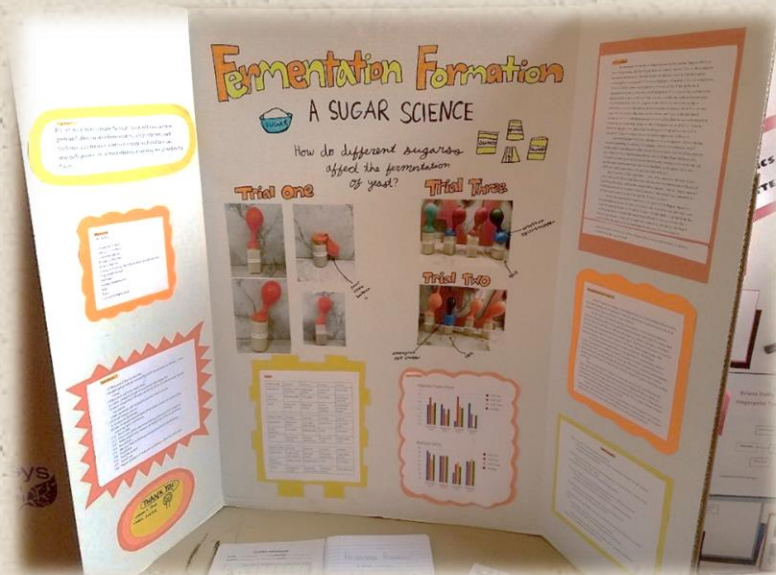
Marinated mushrooms Kingman brought to the last dinner gathering with the Epicurean group!





## SOMA SUPPORTERS CORNER

**SOMA's mission is one of education** – we host speakers, provide forays and mushroom identification, put on SOMA camp, and of course, give money away in scholarships! To this end, the last several years SOMA has awarded small sums to worthy participants in the Healdsburg Science Fair. Any project that has anything to do with fungi is evaluated based on the criteria of the fair organizers. The fair is held each spring, and is open to students from Kindergarten – 12<sup>th</sup> grade in the Healdsburg area (Windsor to Cloverdale).



This year (2018), three of SOMA's board members attended the science fair on judging day. Jim Wheeler, Patrick Hamilton, and Fred Salisbury found six projects that were fungi related. We awarded prizes to three of those projects. The grand prize (\$50) went to 'Fermentation Formation: A Sugar Science' by Katie Meyer. Katie's experiment explored how the rate of yeast growth differed based on what type of sugar was used to feed it. Her clever protocol measured growth by how quickly a balloon captured the gas given off fermentation – the bigger the balloon in a given amount of time, the faster the yeast is growing. Fred, Patrick, and Jim all felt that Katie's originality, experimental procedure, and adherence to the scientific method warranted the top prize.

Two other prizes (\$25 each) were awarded to 'Does Sugar Help Mold Grow?' and 'Strawberry Science'. Both these projects looked at the relative rate of mold growth, either being encouraged or inhibited by the presence of different substances. Good job to these two students!

SOMA also donated \$250 to the Healdsburg Science Fair organization. They have been encouraging children to discover and ignite a passion for learning and science for over 50 years, and we are happy to partner with them to encourage scientific exploration in local grade school students.

**SOMA Board interests:** If you have an interest or talent you would like to donate as a volunteer (this is an unpaid job position in our volunteer run group) Please contact one of our board members. Our board is changing and our roster at the end of the newsletter will be updated in the next issue so watch for your new board members and continue to support mycological sciences by attending our meetings, and forays and inviting new members along the way. Thank you!



**Foray Carpool:** Looking to carpool? Use the Waze app to post a ride, or request one. Do this a day ahead and let's see if this works! It's the Waze Ride-Share app not just the map.

**Members:** Membership is always open. Renew your membership before the season begins so you can enjoy the meetings, members-only forays, SOMA groups, SOMA camp early bird discount, and SOMA news! Secure your support with us today by going online [by clicking here](#) or mail your membership dues and your name, address, telephone number and interests to: SOMA P.O. Box 7147, Santa Rosa, Ca. 95407.

**Amazon Smile for SOMA Credits:** AmazonSmile is a non-profit division of Amazon.com---same products, same prices, same policies! Bookmark this link: <http://smile.amazon.com/68/0486141>. Every time you shop at AmazonSmile, Amazon.com donates 0.5% of the purchase price to Sonoma County Mycological Association. Support us by shopping at AmazonSmile!



**Volunteer call for submissions:** Every bit adds up and creates our own locally generated newsletter to share, so share your input! [SOMAnewseditor@SOMAmushrooms.org](mailto:SOMAnewseditor@SOMAmushrooms.org)

## CONNECT WITH SOMA

1. Like our Facebook Page <https://www.facebook.com/SOMA-Sonoma-County-Mycological-Association-172451922783550/>
2. Yahoo Groups page: <https://groups.yahoo.com/neo/groups/SOMA/info>
3. Cultivation Yahoo Groups Page: <https://groups.yahoo.com/neo/groups/SOMA-Cultivation/info>
4. Mushroom Observer: <http://mushroomobserver.org/observer/intro>
5. Visit the SOMA website more often <https://Somamushrooms.org>
6. Youtube: Watch a [hike](#) or vlog online or submit your own to the [editor](#)
7. Go to [iNaturalist](#) and create an account to upload pictures to
8. Join with the [Epicurean group](#) if you are a member interested in culinary excursions as well. Be sure to be at our summer epicurean members-only fully catered event. Have you [renewed your membership](#)?







## OUR PEOPLE

### BOARD

#### PRESIDENT:

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## DISCLAIMERS

SOMA, the club, is a nonprofit 501(c)(3) educational society for recreational mushroom hunters and does NOT offer or promote the commercial sale of wild mushrooms. Poisonous mushrooms occur in Sonoma County and it's always a good idea to be cautious when cooking with wild mushrooms.

**\*\*Never eat a wild mushroom unless you're *absolutely* certain of its identity. \*\***

Free EMERGENCY identification service. Because identifying poisonous mushrooms can be tricky, the Sonoma County Mycological Association offers a **free identification service** to hospitals, veterinarians, and concerned citizens of Sonoma County. 707-829-0596 or 800-222-1222 This info is public on our website

