



SOMA News

THE OFFICIAL PUBLICATION OF THE SONOMA COUNTY MYCOLOGICAL ASSOCIATION
A NON-PROFIT 501(c)(3) EDUCATIONAL SOCIETY, DEDICATED TO THE MYSTERY AND APPRECIATION OF LOCAL FUNGI SOMAmushrooms.org

VOLUME 19 ISSUE 3

NOVEMBER 2006

SPEAKER OF THE MONTH

2006-2007 SEASON CALENDAR

NOVEMBER

November 12 » SOMA Retreat

Old Harmony School, Occidental

Let your voice be heard—come to our first retreat! Details on page 3.

November 10–12 » Annual Mendocino Woodlands Foray

Sponsored by the MSSF

November 16 » Meeting

Sonoma County Farm Bureau

Speaker: Ralph Metzner

November 18 » Foray

Fisk Mill Cove, Salt Point State Park

November 19 » Mushroom Fair

Sponsored by The Humboldt Bay Mycological Society

DECEMBER

December 9 » Point Reyes

Mycoblitz III

Point Reyes National Seashore

December 16 » Potluck Foray

Salt Point State Park

This foray is being held the Saturday before our usual meeting.

December 17 » Foray (Tentative)

A special foray to a new site called "Rancho Mark West." Stay tuned for more details!

December 21 » Annual SOMA Holiday Potluck

Sonoma County Farm Bureau

Open to SOMA members only!

JANUARY

January 13–15 » SOMA Camp

Occidental, California

See back cover for more info!

January 20–21 » Point Reyes Mycoblitz IV

Point Reyes National Seashore

January 26–28 » All California Club Foray

Albion Field Station, California

Co-sponsored by BAMS and the FFSC



Ralph Metzner, Ph. D.

Sacred Vine of Spirits and *Sacred Mushroom of Visions*

Thursday, November 16

Discussion and book-signing of two recent works by Ralph Metzner, Ph. D. *Ayahuasca* and the *psilocybe* mushrooms are two shamanic entheogens that have entered underground, like illegal immigrants, into Western societies in the late 20th century. Their use has spread, vine-like and mycelium-like, through the psychedelic subculture of individuals and groups interested in consciousness expansion, psychospiritual healing and growth, and the restoration of a more direct relationship with the sacred dimensions of the natural world. Ralph Metzner will present the findings regarding these two mind-assisting medicines, and how they relate to psychotherapy, shamanic journey practices and alchemical divination.

Ralph Metzner, Ph. D. is a psychologist and Professor Emeritus at the California Institute of Integral Studies. He is also the author of *The Well of Remembrance*, *The Unfolding Self*, and *Green Psychology*. He has developed a training program in Alchemical Divination—processes for accessing intuitive knowledge for healing and guidance. For more information, visit greeneearthfound.org.



EMERGENCY MUSHROOM POISONING IDENTIFICATION

After seeking medical attention, contact Darvin DeShazer for identification at (707) 829-0596. Email your photos to muscaria@pacbell.net. Photos should 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.

A free service for hospitals, veterinarians and concerned citizens of Sonoma County.

PRESIDENT'S LETTER

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SOMA's *Amanita muscaria* logo by Ariel Mahon.

The October foray was one delicious time! The potluck was outstanding, Mark Todd made a risotto with chanterelles, walnuts and cherries that was very yummy. There were sweets, dips, cheeses, salads, wines and side dishes that were award winners and very generous. The weather was warm and sunny with a fresh, light breeze. The ocean cooperated with deep Pacific blues and a clear sky. The mushrooms, on the other hand, were still sleeping. I counted 47 heads after the forays came in. Folks were sipping and visiting and did not want to go home. Be sure to get in on the November outing, these club forays are one of the shining stars of SOMA membership.

SOMA is a volunteer organization, we work together to have fun, learn about mushrooms and eat like royalty. One small problem, common to many such organizations, too few hands do too much work. I will be putting together a list of volunteer jobs that will run the gamut from simple one-shot, one-day assignments to taking on longer term commitments for the benefit of our club. One such opportunity is our annual fundraiser, Wild Mushroom Camp, in January over the MLK weekend. This event has grown to become a huge success and is our only fund-raiser for the year. It is also a huge commitment of time and resources from our club. It takes a village to put on a World Class event like this and I would like to invite you to participate in that effort. Take a look at the jobs list I will be posting for the camp on our web site and lend a hand if you can. Every SOMA member should participate in the Camp in some measure. Be a part of this outstanding event in the mycological world, you as members, can be very proud of our camp. Work-exchange and special one-day rates are available. Contact Bill Hanson at (707) 837-8028 or div4ab@pacbell.net.

The SOMA Future Vision retreat: Our club is a leader in the fungal world. What can we do better? What kinds of positive changes can we make? What role do we play in five years? Please make plans to attend the professionally facilitated retreat on November 12 in Occidental and spend a few hours planning the future of SOMA. A nice meal and a foray after the meeting will top off a fine day. We really need your input. Here is the chance to have **your** voice heard in the future direction of our group! Please come to the retreat even if it is a last-minute change of your plans. RSVP to Bill at (707) 837-8028 or div4ab@pacbell.net.

Bill Hanson

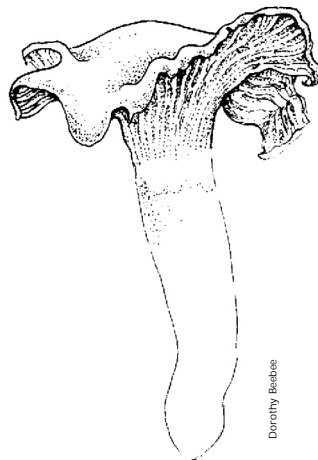
FORAY OF THE MONTH

Saturday, November 18

Meet at the southern end of Fisk Mill Cove in Salt Point State Park at 10 AM.

Bring a potluck dish to share; vegetarian dishes are always welcome! Please bring your own glasses, plates and eating utensils. Besides the positive environmental reasons and benefit to the gastronomic experience, it will help minimize the amount of trash to be hauled out. Contact foray leader Bill Wolpert at (707) 763-3101 for more information.

Members are asked to avoid hunting the club site for at least two weeks prior to a SOMA event. It's only through your cooperation that all members can enjoy a successful foray and experience the thrill of the hunt!



Cantharellus cibarius

“ You’ve got to be very careful if you don’t know where you’re going, because you might not get there.”

– Yogi Berra

Where are we going as a club? Where do we want to be five years from now? In what ways do we want to be different? In what ways do we want to be the same? What issues are important to us? Don’t miss out on your opportunity to help determine SOMA’s future!

Please join us on Sunday, November 12 at 9 AM at the Old Harmony School in Occidental, as we seek to articulate a clear vision for the future of our great club.

This lively and engaging half-day session will be facilitated by David Warner and Associates, specialists in Organization Development and Training. The day will include a nice potluck lunch and a foray in nearby Westminster Woods.

Start participating now! The results of last month’s survey will be used to begin our conversation at the retreat. Your participation in this process is key to the success of this project and vital to the future of our club. Besides, we’re going to have a whole lot of fun! The Board of Directors are excited about this event and hope you will support this effort. We’ll see you on November 12!

RSVP your attendance for the retreat to Bill Hanson at idiv4ab@pacbell.net or (707) 837-8028.

Thoughts of Wild Mushroom Camp 2007 are mulled over in your mind. You want to go, but the cost is an obstacle—volunteer your time! Or if you can’t attend, donate items to SOMA for raffle prizes.

The new mushroom season brings old ID mushroom books out in hopes of finding the most delectable edibles this Fall. Old cookbooks are resurrected from their place for your favorite recipes. Ah, and there’s that gewgaw obtained at the mushroom fair, and the kitchen kitsch you started to collect, and the knick-knacks you thought were cute—raffle prizes may be crafted and are not limited to mushrooms items only.

Email Judy Christensen at treasurer@SOMAmushrooms.org for more information, or for donation pick-ups or drop-offs.



Article Excerpt: Trouble flares as mushroom rustlers stalk countryside

Wild mushroom picking has gotten out of control in France. The following excerpt from *Times Online* describes this season’s saga:

From Adam Sage in Paris

Guards are being employed in the French countryside to protect wild mushrooms amid pitched battles between pickers salivating over the best harvest in living memory. With noses broken, insults flying, windscreens smashed and tyres slashed, rural communes are using tough restrictions in an attempt to end the “cep wars”.

Many mayors have introduced licences that authorise locals to search for mushrooms but ban strangers. The system is gaining ground after sun and rain produced ideal conditions for ceps, chanterelles, Craterellus cornucopioides and other wild mushrooms.

With France gripped by what one commentator described as “la folie des champignons”, guards are being paid to patrol woods in search of unauthorised pickers.

Several dozen people are being investigated by the state prosecution service on suspicion of mushroom theft and breaking the French Forestry Code. They face fines of up

to €300 (£202), although the penalty can rise to €1,500 for professional traffickers.

Pierre Dulong, the Mayor of Ligardes village in the Gers département in southwest France, said he pioneered the mushroom licensing system after the commune’s forests were invaded by “les urbains”.

“People were coming from towns up to 150km away and a lot of them were not at all respectful of our way of life. They didn’t realise they could pick our mushrooms only with the permission of landowners. They thought they had the right to pick mushrooms and got stropky when told that was not the case.

“These townies insulted land owners who tried to keep them away and sometimes attacked them as well. People were beaten up over this. It was intolerable.” The owners of Ligardes woods now pay €10 for the right to seek wild mushrooms, while other residents pay €20.

The funds have been used to finance notices which say “Picking Forbidden” and to employ guards to arrest illegal pickers.

To read the entire article on the “cep wars”, visit: www.timesonline.co.uk/article/0,,13509-2396010,00.html.

November 2006

Again, this month too, not much has been happening in our culinary (the main focus of this column) mushroom world. A porcini here, a sulfur shelf there, a *Russula brunneola*, a cauliflower mushroom. A not-enough-of-anything yet really to get our teeth into.

But there is still the thrill of being in the forests in this fall light. Shadows just about all day long providing dramatic back-lighting to the trees and shrubs we are so familiar with. Lambent fenestrations everywhere you glance in these woods wild. (That was the literary sounding sentence of this column.)

Salt Point has given up some offerings to diligent foragers. Such as (much thanks to Darvin DeShazer):

- | | |
|----------------------------------|---------------------------------|
| <i>Amanita breckonii</i> | <i>Pluteus cervinus</i> |
| <i>Amanita constricta</i> | <i>Ramaria botrytis</i> |
| <i>Amanita franchetii</i> | <i>Russula brevipes</i> |
| <i>Amanita pachycolea</i> | <i>Russula brunneola</i> |
| <i>Boletus edulis</i> | <i>Russula nigricans</i> |
| <i>Cantharellus cibarius</i> | <i>Russula silvicola</i> |
| <i>Chalciporus piperatus</i> | <i>Sparassis crispa</i> |
| <i>Chroogomphus rutilus</i> | <i>Suillus caeruleus</i> |
| <i>Cryptoporus volvatus</i> | <i>Trichaptum abietinum</i> |
| <i>Fomitopsis pinicola</i> | <i>Tricholoma sp.</i> |
| <i>Ganoderma applanatum</i> | <i>Truncocolumella citrine</i> |
| <i>Gomphus floccosus</i> | <i>Tylopilus porphyrosporus</i> |
| <i>Gymnopilus spectabilis</i> | |
| <i>Hygrophoropsis aurantiaca</i> | |
| <i>Hypholoma fasciculare</i> | |
| <i>Lactarius torminosus</i> | |
| <i>Leccinum scabrum</i> | |
| <i>Lenzites betulina</i> | |
| <i>Lycoperdon pyriforme</i> | |
| <i>Osteina obducta</i> | |
| <i>Paxillus atrotomentosus</i> | |
| <i>Phaeolus schweinitzii</i> | |
| <i>Phycomyces blakesleeanus</i> | |
| <i>Pleurotus ostreatus</i> | |

It's not that we don't have a lot to look for it is just that we need to change our focus. Edibles, smedibles. Dyers fungi, paper-makers polypores, mycologists' mushrooms—that's mostly what's out there now. And they are still fun to find.

But next month will most probably be different.

As is the following recipe. It's time to get out the dried mushrooms.

Ricotta and Black Chanterelle Dip

Serving Size: 6 Preparation Time: 15 minutes

- ½ cup dried black chanterelles, rehydrated
- 1 tablespoon olive oil
- 1 teaspoon unsalted butter
- Salt
- Pepper
- 1¼ teaspoon sweet vermouth
- 3 tablespoons sun-dried tomatoes, finely chopped
- 10 ounces whole milk Ricotta
- 1 clove garlic, minced
- 2 tablespoons fresh lovage, chopped
- 1 tablespoon Italian parsley, chopped
- 1 tablespoon young pine needles, minced
- 1 tablespoon rosemary, minced

1. Sauté the mushrooms in the oil and butter, finish with the soaking water and the vermouth, reduce *au sec*. Season and set aside to cool.
2. Combine all ingredients and adjust for seasoning. Allow to sit refrigerated overnight if possible.

NOTE: For fresh mushrooms, adjust amount. Sun-dried tomatoes are packed in oil.

Serve with breads, crackers, etc.

That's all for now folks!

MSSF Mendocino Woodlands Foray

This year's new and improved MSSF Mendocino Woodlands Foray will take place on the weekend of November 10–12, at the Mendocino Woodlands camp, in the hills above the town of Mendocino.

Dr. Dennis Desjardin will be the foray mycologist, assisted by Norm Andresen and Mike Wood. Noted mycophotographer Taylor Lockwood will present a special selection of mushroom visuals. Additional guests of note will be announced.

A variety of classes, workshops, and special events will be featured, including a kid's foray. Fee includes lodging, meals, and all forays, classes, and events.

Further details to be announced on the MSSF website. Register at mssf.org/mendo. Email mendo@mssf.org or call (415) 457-7662 or (707) 829-2063.

David Arora's Mendocino Mushroom Foray

**Friday, November 24–Sunday, November 26
Thanksgiving Weekend**

David Arora's Annual Mendocino Mushroom Foray is happening once again. Three days of mushroom hunts, ID, cooking demos, and lectures by Arora and special guests. \$160 per person, includes lodging in comfy heated cabins and most meals. All experience levels welcome.

This foray fills quickly, so don't delay. To register, contact Debbie Viess at amanitarita@yahoo.com, or (510) 430-9353. For more info, and late-breaking foray details go to BayAreaMushrooms.org.

SOMA Membership Application and Renewal Form

THE SOMA PLEDGE

Regardless of what others may think of me, I wish to become a member of the **Sonoma County Mycological Association**; a non-profit 501(c)(3), educational society, dedicated to the mystery and appreciation of local fungi.

NAME

DATE

STREET or P.O. BOX

APARTMENT #

CITY

STATE

ZIP

PHONE

HOME

WORK

EMAIL

- New member
- Please change my mailing label and membership roster info
- Please do not release my information outside of the club

Please indicate below, any particular areas of interest or committee functions you may like to serve:

Membership dues are \$20 per household, and run a full fiscal year from time of application or from the date of expiration if renewing early. Please make checks payable to SOMA.

Return this form with your check to:

SOMA
P.O. BOX 73
Cotati, CA 94931-0073

Check out the **SOMA website**
for fabulous member benefits!

SOMAmushrooms.org

Volunteer Corner Opportunities

The San Francisco Mycological Society's annual Fungus Festival at the Oakland Museum. Two people on each of the three days, Friday, December 1 will be evening set-up. Our part is easy, they always need help with the other displays and you get to see the new arrivals and some of the backrooms of the museum. Saturday and Sunday the regular open-to-the public portion opens. Two folks for each day Sunday is a shorter commitment but requires take-down. MSSF provides a nice break room for volunteers with a great selection of foods. When things slow down, you can tour the displays and participate as a member. This effort supports MSSF and promotes our club and SOMA Winter Mushroom Camp.

Petra Esterle has been our newsletter editor for two years and must now step down due to work related conflicts. Her work has been excellent. You will need to commit to at least the remaining six newsletters beginning with the January issue. This is an important task for our club. Articles and close-ups are provided as well as the template for use from past editions.

Public Relations is primarily a job between now and January to promote the annual Winter Mushroom Camp. Not too big a time commitment, but a very important task for our club.

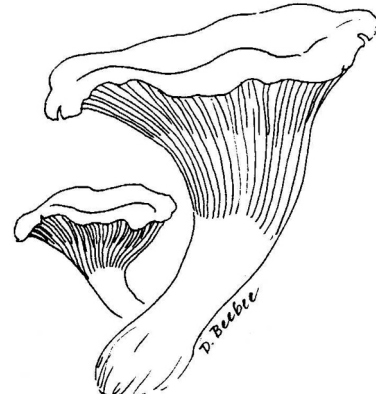
Other volunteer opportunities will be posted here and on our web site. Contact Bill Hanson at (707) 837-8028 or div4ab@pacbell.net.

All California Club Foray 2007

The second Biannual All California Club Foray, Friday through Sunday, January 26-28.

A fun with fungus and fungus-hunters weekend at the beautiful Albion River. Lodging in comfy heated cabins, delicious meals catered by Debbie Dawson, lectures by a guest mycologist (TBA), guided mushroom forays, expert ID and microscopy show and tell. Must be an in-good-standing member of any California mushroom club to participate. Co-sponsored by BAMS and the FFSC. Cost is \$115 per person.

For more information go to BayAreaMushrooms.org, or contact Debbie Viess at (510) 430.9353.





SOMA News

P.O. BOX 73
Cotati, CA 94931-0073

The Sonoma County Mycological Association presents the 40th annual (7)

Wild SOMA Mushroom Camp

January 13-15, 2007
(Martin Luther King weekend)



Three days of mushroom activities with experts, including forays, classes & workshops, artwork, specimen tables, feasting, and presentations.

with special guest
Gary Lincoff
Author of *The Audubon Wild
Guide to North American
Mushrooms*

Mushroom chefs!
Mushroom cooking!
Mushroom meals!

Includes lodging in shared, comfy cabins, all meals, and great mushroom camaraderie.

Fees: \$250 (\$195 before Nov. 15th)
\$195 with offsite lodging
\$110 Sunday only

Obtain a registration form at www.SOMAmushrooms.org
More info: camp@SOMAmushrooms.org or 707.837.8028

SOMA usually meets on the third Thursday of the month throughout the year (September through May), at 7:00 PM, at the **Sonoma County Farm Bureau**, 970 Piner Road, Santa Rosa, California.

Fungi are displayed at 7:00 PM, and speakers begin at 7:45 PM. Bring in your baffling fungi to be identified!

Directions to the Sonoma County Farm Bureau

Coming from the south

- Go north on **Highway 101**.
- Past Steele Lane, take the **Bicentennial Way** exit.
- Go over **Highway 101**.
- Turn right on **Range Avenue**.
- Turn left on **Piner Road**.
- At about 1/4 mile, turn left into parking lot at **970 Piner Road**.

Coming from the north

- Go south on **Highway 101**.
- Take the first Santa Rosa exit, **Mendocino Avenue**.
- Stay on the frontage road, (it becomes Cleveland Avenue after you cross Industrial Drive).
- Turn right on **Piner Road**.
- At about 1/4 mile, turn left into parking lot at **970 Piner Road**.

970 Piner Road is marked by a star on the map at right.

