



S O M M A

VOLUME 24 : 6

FEBRUARY 2012



SPEAKER OF THE MONTH

David Pilz

February 16th at 7pm

Wild Mushroom Management in Spain: What might be applicable here?

David Pilz is a consultant, writer, and owner of PilzWald (Forestry Applications of Mycology). He was formerly a Forest Mycologist with the Department of Forest Science at Oregon State University where he conducted research on harvested forest fungi. This research focus evolved from 9 years of research with the Pacific Northwest Research Station (USDA-Forest Service) on the Productivity and Sustainable Harvest of Edible Forest Mushrooms. David had the opportunity to visit Spain last June to participate in a “Micosylva” conference and field trip regarding how Spanish provinces are proactively co-managing timber and forest mushrooms to enhance rural economic development.

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CALENDAR

February 1st ————— Board Meeting

February 16th ————— Speaker at Farm Bureau at 7pm
David Pilz

February 18th ————— Foray at Salt Point State Park

March 7th ————— Board Meeting

March 15th ————— Speaker at Farm Bureau at 7pm
Daniel Winkler

March 17th ————— Foray at Salt Point State Park

LIMERICKS BY CHARMOON

I ate chicken of the woods one time
 I thought it tasted just fine
 But as I puked my guts out
 And had a serious bout
 With the runs, it became less sublime

I got lost in the woods one day
 I just couldn’t figure my way
 I couldn’t get out
 No one answered my shouts
 So I just decided to stay

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

SOMA Camp 2012 was highly successful for all those that attended. Despite the lack of rain over the past few months, many interesting wild mushrooms specimens were collected and identified. Each day brought a number of highlights for the campers. The volunteers and the CYO staff were magnificent preparing for camp and helping to make it easy and truly enjoyable for all. The presenters were skillful, enlightening, and as good as ever. They helped more than 75 first time campers appreciate and enjoy the classes, specimen table, and forays. Our main speaker, Dr. Andrew Weil, delivered a captivating and timely message regarding nutrition and the benefit of mushrooms in our diet. His cautionary comments on processed foods were very well received and spoke to everyone. The food on Saturday and the dinner on Sunday night were outstanding. Nothing processed or preserved here. There were many, many compliments from everyone. Chef Julie Schreiber and the culinary preparers were wildly lauded and enthusiastically applauded for their efforts with many bravos and foot-stomps from the happy diners.

The staff and volunteers had to work a little longer and harder to finish all the planning and execution that came with SOMA Camp 2012. I will paraphrase Patrick Hamilton's comments here, "SOMA Camp was envisioned by Charmoon Richardson as a small, money-making venture years ago, which has become much larger than imagined." Indeed, things have changed. Camp has grown in size, changed locations, and its reputation for excellence is more widely known than ever before. The unifying factor over the years is the pleasure and appreciation the volunteers, presenters and staff receive from the opportunity to help people enjoy themselves, learn about mushrooms, and have fun. And, most of the money made every year goes to giving scholarships to well-deserving young people interested in mycology and similar fields.

Most of the camp weekend, I wandered around (doing that a lot lately) and talked to people. I recognized many faces from previous years but there also were many guests not familiar. It was very easy to strike up a conversation and they often volunteered it was their first time. Most had heard about camp from friends or read about it on our website. They had many, many compliments for SOMA, the CYO site, and their rewarding experience. That is the challenge for the future SOMA Camp – to keep up, and even improve on this standard.

We intend to start, immediately, planning SOMA Camp 2013 and layout in detail what must take place before the next camp opens. We want to recruit new members for the camp planning group. The Board invites all members of SOMA to volunteer and join the staff of SOMA Camp. You do not have to be a member of the Board, but if you're interested in joining, please let us know. To help your decision, I reprint a description Lee McCarthy-Smith wrote this spring: "The SOMA Camp staff is responsible for planning, organizing, marketing, and executing camp. They are individuals who determine and obtain presenters, schedule the classes and events, set up the website, register guests, make the camp materials, buy the supplies, put together menus, etc. They are in essence responsible for camp happening and are the "go to" people when there is a question or issue about camp". If you have questions, please feel free to use the website or call any Board member and we will do our best to answer.

Best regards,
Jim Wheeler

PS: SOMA Camp lost and found -- Keen hiking shoes; white plastic salad tongs; brown extension cord; Ann Taylor brand chocolate colored women's shirt.

WHAT'S STIRRING IN THE DYE POT?

SOMA Love Letter

Dorothy Beebee



It all began with a “babysitting” assignment, no, not for my grandchildren but for my son’s 2 golden retrievers while he was off to AZ on a photo shoot.... I had promised Linda, in a daft moment of weakness, to come up with a T-shirt design for 2012 SOMA Camp – something with medicinal mushrooms she said, in honor of Dr. Weil’s appearance. So she brought over some Maitake, a *Ganoderma lucidum*, a few Shiitake to sharpen my pencils on, and get back up to speed after not having drawn for a few years... All well and good – I can draw individual mushrooms ... A glorious display of Shiitake on Rachel and Gene’s deck inspired me even further – ok – now what?

So this is where the long quiet mornings and afternoons up in the Sierra foothills came into play – not much to do but throw the green tennis balls for the dogs, and this is where too much time on one’s hands can get dangerous, and these mushrooms began to take on a life of their own, and no, I wasn’t even eating any...



One thing led to another, and I had a lot of time to think and contemplate between laps around the yard with dogs in tow... And I began to think a lot about my experiences with hunting for dye mushrooms with SOMA folks over the last 20 years. And how these friends have kept my dypots full and overflowing all this time, from Salt Point’s Bishop pine forests at the edge of the continent at to the inland valleys with Blue oak and manzanita clambering up foothills of eastern Sonoma County... So the idea of creating a cross-section of the flora and fungi of Sonoma County from the western sea-cliffs to the eastern palisades.... As I said, I had a lot of time on my hands before I learned how to work the 3 remotes for their fancy TV...

Salt Point, yes, that is where it all began, Dermocybes hiding under the huckleberry, fragrant Hydnellums nestled in moss, Phaeolus proudly flaunting their stuff under the Doug fir, shiny Hygrophorii nestled under redwood... Oh yes, a few edibles too, that cannot be denied! Chanterelles, black trumpets, even a bolete or two, lichens, great drifts of Ramalina, from the cypress – (what does the cypress cone even look like?), the redwood cone, how to draw the delicate Doug fir cone? What else was hiding in the duff? – I didn’t even dare to try and draw the fauna – just the flora and fungi for me!



Then my mind wandered inland to the mixed evergreen forest where I live, trying to remember and differentiate the distinctive shapes of each tree: Maple, madrone and black oak – nurturing the *Omphalotus*, or turkey tails for paper, Sulphur tufts (Miriam’s first dye mushroom) - it all came back to me, merging into full meaning of SOMA and all these from the trees... Thank you all!



The Old Mushroomer

Patrick Hamilton

Preparation H is a wonderful product, a fine ointment. Use it to stop an itch any darn where on your body and you can even apply some to the wrinkles in the corners of your eyes to tighten them up too. Cramps the crows' feet. It won't prevent the mushroom itch, though. That's got to be remedied by something other than an unguent.

And there's one of those funny sounding words: "unguent." By using such a strange compilation of letters does one become a "man of letters?" Is that how that works out?

Seems certain folks on a few Internet mushroom forums like to sound special, informed, really important, and by just saying a bunch of crap and crud they are important. The end all, be all of all things mushroom.

My daddy—The Really, Really Old Mushroomer—used to say "learn how to read the room," before you opened your pie hole. Learn who your audience is, what their levels of interest and maybe sophistication are, and learn how to actually be listened to instead of yapping into the Ether. Seems some simply wish to confront with a lot of B.S. and think that makes them be important. Sad, really. Think Preparation H, if applied en pointe, might help? (I like that little Frenchie thing I did right there.)

Good Buddies, there is no sadness here, not when we have mushrooms to pick and woods to walk and fungi to talk about. The 'blacks' season is still on even with this odd dry and then super wet period of the last few months. Hedgehogs of both flavors are coming strong still as are golden and winter chanterelles in certain places.

This old guy got invited to yet another ranch to show the owners what they have on their lands and I saw golden chanterelles a foot across! Almost like stepping stones they were in those woods.

If the Gods shine nicely maybe SOMA will be able to access these types of lands, in small foray groups. Any one of you reading this can also use your connections, good looks, money, or weaponry to locate spots for our club to foray on too.

Today some good folks are walking Hwy 1 in SPSP picking up litter and making for a good presence for anyone to see. The more often mushroomers show that we do care about our hobby enough to use up a good day tossing the trash of mostly passersby who throw garbage out their vehicle windows onto SPSP the better we honestly look to the powers that be—and that is important these days of having so darn few places to hunt for mushrooms. Kind of sucks in a way, don't it?

But what doesn't is the following recipe my mother—The Really Old Mushroom Cleaner—taught me when I was just an adolescent showing interest in most things, especially cooking and girls. I remember also that back then I wanted to be Italian so that girls would think me romantic or at least a good cook. I remain a good cook.

Butter Poached Chanterelles, Fennel, Leeks, and Linguini

4 servings - 45 minutes

Amount	Measure	Ingredient	Preparation Method
1	lb	golden chanterelles	pulled into strips
1/2	cube	unsalted butter	
1	bulb	fennel, medium size	julienned
1	each	leek, large, green part only	julienned
2	tbl	dry white wine (Sauvignon Blanc is good here)	
3/4	lb	linguini or fettucini	

1. Make sure chanterelles are well scrubbed and air-dried if very wet. (You can actually squeeze them out if very wet from washing.) Pull them into strips and place into a sauce pan that has the butter already hot and bubbling. Poach over medium high heat with a little salt until the pan is full of a liquid mixture of water and butter. Pour a 1/2 cup of this off into a large sauté pan and set aside. Continue to poach the mushrooms until all the water has come out of them and evaporated. You may press on them with a potato masher (or use your fist if you are not too bright) to expedite this process. Cook in the butter that will be in the pan bottom now until the chanterelles are golden and a bit crisped. Take off the heat and reserve in the same pan.

2. Put the 1/2 cup of poaching liquid into a sauté pan over medium high heat into until boiling and then add the fennel and cook for 3-5 minutes. Add the leeks and cook until both are tender – about 5 minutes more. Put into the sauce pan with the chanterelles (and with any poaching liquid left and reserve).

3. Meanwhile cook the pasta in salted water until al dente (about 11 minutes). Drain and reserve.

4. Heat the sauté pan (washing it is unnecessary) until hot and then place the fennel, leek and chanterelle mixture into it. Add the wine and cook au sec (until dry).

5. Put everything (pasta too) into the sauce pan over medium and heat through. Season with S & P. Serve immediately. A salad of sweet onions, blood oranges, spring greens and a citrusy vinaigrette work well with this. An unoaked Sauvignon blanc works too.

CAMP RECIPES

Julie Schreiber, Camp Chef 2012

(Editor's note: Julie's vegan plate received many accolades at SOMA camp from vegetarians and non-vegetarians alike. Due to popular request, I asked her if she'd let us print the recipes here and she obliged. The recipes are from the camp kitchen and intended to serve 20 people. Adjust appropriately for smaller servings and enjoy!)

Coconut Raita

<i>Coconut Manna</i>	1 jar
<i>Coconut Milk</i>	2 cans
<i>Cucumber</i>	2 each, peeled, seeded, and shredded
<i>Meyer Lemon</i>	2 each, juice only
<i>Preserved Lemons</i>	2 each, peel of the lemons chopped and some juice from the jar
<i>Cilantro</i>	1 bunch, finely chopped
<i>Mint</i>	1 bunch, finely chopped
<i>Salt</i>	
<i>Pepper</i>	

Warm the coconut manna in a water bath until it liquefies, then emulsify with 2 cans of coconut milk in a mixer.

Mix in remaining ingredients and keep at room temperature (it may solidify if kept cold).



Winter Vegetable Tagine

<i>Olive Oil</i>	¼ C
<i>Onions, thinly sliced</i>	10 each
<i>Carrot, cut into 2 inch lengths</i>	10 each
<i>Parsnip, cut into 2 inch lengths</i>	5 each
<i>Turnip, cut into 2 inch lengths</i>	5 each
<i>Butternut squash cut into 1 inch pieces</i>	3 lbs
<i>Trumpet Royale mushrooms</i>	6 lbs
<i>Tomato paste</i>	10T
<i>Cayenne pepper</i>	2 ½ t
<i>Saffron</i>	
<i>Ground ginger</i>	2 ½ t
<i>Turmeric</i>	2 ½ t
<i>Cinnamon sticks</i>	10
<i>Vegetable stock or water</i>	
<i>Chick peas</i>	4 ½ lbs
<i>Dried apricots</i>	1 lb
<i>Pitted dates</i>	40 each.
<i>Honey</i>	10 T
<i>Chopped cilantro</i>	10 T

Sautee or roast trumpet royale and set aside.

Heat oil over medium heat, and then add onion and cook, stirring for 5 minutes or until softened.

Add carrot, parsnip, pumpkin, tomato paste, cayenne, saffron, ginger, turmeric, and cinnamon sticks. Pour in enough vegetable stock or water to just cover and bring to a simmer. Cover and cook gently for 45 minutes.

Add the mushrooms, chickpeas, apricots, dates, and honey. Season, then simmer for a further 20 minutes or until vegetables are tender and the mixture is thick and soupy.

Scatter with herbs and almonds or pistachios. Serve with couscous.

Photo: Members of the SOMA Camp Kitchen Crew 2012. From left: Bruce Hauschildt, Julie Schreiber, Shelly Kaldunski, Paul Kaldunski.

JOIN SOMA!

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?

Check out our membership page on the web...

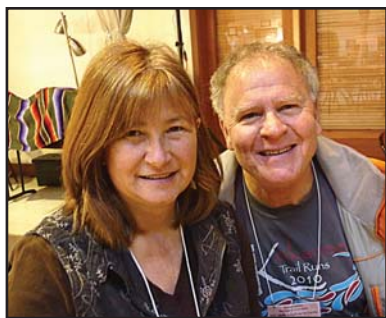
<http://somamushrooms.org/membership/membership.html>

NEWBIES AT CAMP

Rachel Zierdt

Endeavoring to capture the flavor of SOMA camp 2012, I chose to interview a random sampling from three groups: a first time camper(s), a first time volunteer, and a first time presenter. Amongst our 250 campers, I met my first time campers at the schedule board on Saturday morning.

Jenny and Bob Sweatt, from South Lake Tahoe, were trying to decide which of the many classroom offerings they wanted to attend. Our large assortment was puzzling to these “newbies”. Both are new to SOMA and to mushrooming. Near their mountain home they discovered the world of porcini and morels, but were stumped by



other ‘shrooms they noticed while hiking.

Afraid to venture a taste of the unknown, Bob searched the web where he discovered SOMA. Their immediate impetus, like anyone who loves to eat mushrooms, was to learn to identify the mushrooms they saw and feel safe about eating them.

JR Blair’s beginning identification class was their first step at camp and they were so motivated that they took the intermediate level to build upon their initial class. Jenny was excited by all the classes she attended, relaying tidbits of information such as what caused the spots on an amanita. Their first foray to Bohemia Ranch netted an armload of chanterelles. Saturday night potluck was a highlight for Bob especially the soup and appetizers. Both found friendly campers and well informed instructors at camp and are willing to come back again and learn more.

Laurie-Ann Barbour is an impressive volunteer. I first spotted her just before appetizer time on Saturday.

Quietly and efficiently, I watched her set appetizers down on the tables, unflustered by the crowds that swirled around her. It was her idea to separate the main course dishes from the nibbles to try to keep the flow of persons more efficient. On Sunday, she was there orchestrating the servers so that soup, salad and finally main course



came out at just the right temperature. Doing this for a crowd of 250 is quite the job.

A friend, whom she has been foraging for mushrooms with for two years, told Lauri-Ann about SOMA camp. Joy, Laurie-Ann’s nine year old daughter, came with her not as a volunteer but an actual camper. Both like the variety of classes offered. Joy especially enjoyed the felting and drawing classes. Lauri-Ann was very complimentary about the campers and staff and felt that working with Lee (our volunteer coordinator) was fabulous. All of the volunteers assigned to Lauri-Ann as dinner servers were on time and efficient. She is willing to come back and work again next year.



I recognized Joe Mangiantini from his photo on the picture gallery of presenters in the Main Lodge. He was sitting by himself quietly reviewing his recipe for making risotto. Joe is a cook at the CIA in Greystone (Culinary Institute of America). His restaurant there is closed during the first few weeks of the new year, and Joe had wanted to use this time to learn more about mushrooms. Both last year and this, he tried to register but found camp full.

Frustrated by this, he phoned Linda Morris, camp director, and asked if he could be of some help. Linda turned him over to Julie, our chief chef this year. Apparently there was a need for someone to give a few cooking demonstrations. After a meeting with the two of them, Julie assessed that Joe was just that person.

When asked his philosophy on cooking, Joe answered that he respects the ingredients and he does not yell at people. Anyone having a conversation with this gentle man would certainly agree with the final statement. Joe ably presented two demonstrations – risotto with mushrooms which he regularly makes at the CIA and a crab, mushroom, corn chowder.

Joe was impressed with camp. He said he loved learning about mushrooms and was blown away by Sunday’s dinner especially that lovely dessert. This is high praise from someone in the food industry.

Currently Joe’s home, in Sonoma, is located on a gated vineyard. He has spotted mushrooms in the vineyard and has not ventured to try to eat any. When last seen at camp he was armed with his new MD (Mushrooms Demystified) and will likely spend many an hour doing his best to figure out what is growing near his home. We hope Joe will repeat with us again next year and demonstrate two new recipes with mushrooms.

WRITE FOR THE NEWSLETTER!

SOMA is always looking for interesting, informative, and fun contributions to the newsletter. As an all-volunteer organization it’s up to people like YOU to make it happen. Any type of contributions are appreciated: Feature articles, interviews, book reviews, photos, recipes, web links etc as long as it relates to SOMA or would be of interest to SOMA members. Send an email to Ben Garland at SOMAnewseditor@SOMAmushrooms.org

2012 SOMA CAMP PHOTOS



From top left, clockwise: Dr. Andrew Weil with Gina Kuta; Campers feasting on a small part of the massive cheese spread provided by “The Cheese Dude” Mark Todd; Sunday night’s glorious dessert forest created by Shelly Kaldunski and her pastry crew; Dr. Andrew Weil with Dr. Ryane Snow; SOMA’s very own mushroom dyeing expert Dorothy Beebee (with insert photo showing felting crafts).

SOMA

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Issue 24:6 FEBRUARY 2012

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 at 7:45 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

