SOMA Annual Holiday Potluck

It’s time for the annual SOMA Wild Mushroom Potluck Dinner on Saturday, December 15th at 7pm. Every month during the season we have a foray with a potluck afterwards and the eats are always great! But the Wild Mushroom Potluck is different. This is for members (and their guests) only, and the members pull out all the stops creating wonderful mushroom dishes.

As always, we require a specimen of the wild mushrooms used in the dish and we provide a detailed information tag to inform people of the ingredients used in preparing your dish. Please fill out the form when you arrive at the potluck. Don't forget to bring your own place setting. Hope to see you there!

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LIMERICKS BY CHARMOON

I once had a dog, you know
He'd follow wherever I go
If he saw a nice 'shroom
Sticking out in the gloom
He'd bark and make a big show

There's this known Italian picker around
He comes from SF, the town
He goes north for boletes
But one time, to his grief
He got busted with 90 pounds

EMERGENCY MUSHROOM POISONING ID

After seeking medical attention, contact Darvin 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.
Our Thursday night guest speaker in November, Dr. Rytas J. Vilgalys, gave a very informative overview of edible wild mushrooms, collection practices and evolutionary fungal biology to a group of about 35 people. Dr. Vilgalys is head of the Mycology Group at Duke University in North Carolina. The lab at Duke University is very active in the field of fungal molecular systematics, using DNA sequences to infer the evolutionary history (phylogeny) of fungi. He has extensive experience collecting fungi in many parts of the world including New Zealand, Australia, and Papua New Guinea. He recently had a fungus named after him in recognition of his contributions to the science world. While on a collecting trip in central Mexico, he and his team found an unusual specimen of lichen growing along trails they followed. In subsequent analysis, researchers, Jessie Uehling, Matt Smith, and Brendon Hodkinson determined it was a new species and published their findings before telling Dr. Vilgalys about their discovery. You will recognize Jessie Uehling’s name, of course. She was the recipient of a 2011 SOMA Graduate Scholarship while completing her degree at Humboldt State University. Jessie spoke at SOMA Camp last January and expressed her appreciation for the award and the opportunities it would give her.

After the rains two weeks ago, most foragers looked forward to the November outing and were not disappointed. Over forty people came and spent a lovely day in the rain, sun, and then rain again at the end. The pot luck lunch was another success. (See Michael Miller’s summary). Much appreciation to David for the fresh abalone he collected and prepared for our group. People were two or three deep around his stove watching his preparation and cooking techniques. Many in the crowd said they had never had the opportunity to eat abalone, let alone watching a master at work. The mushroom hunters were successful, too. More than a few late porcini were found to the delight of 15-20 first time foragers.

As you know, forays are scheduled on the third Saturday of each month. They are held rain or shine and foragers are prepared for any weather. Only high winds cause forays to be cancelled. Each expected rainy day the “Ben Schmid” designed tarp is used above our heads and it proves to be the best protection for our sizable groups. In November, the special task force tarp erection crew set a new assembly record and had it in place within 6 minutes. Of course, it didn’t rain until about 2pm that afternoon … which is why the tarp is always put in place early. The idea is: “If you bring an umbrella, you won’t need it.” The team later deconstructed the tarp in less than 3 minutes and had it stowed in the box within 4 minutes. It was another record. These are important events to note and follow during our winter collection season in wet Northern California. Mushroomers must be prepared. I’ve heard Norwegians say, “There is no such thing as bad weather, only bad clothing”, and I will add “poor tarp design”. Many things are learned and many mushroom finds are made, if we listen carefully and are prepared.

Best regards,
Jim Wheeler

Footnote:
WHAT’S STIRRING IN THE DYE POT?

Phaeolus - My Old Friend

Myra Beebee ©2012

I consider *Phaeolus schweinitzii*, the “dyers polypore,” to be like an old friend. It creates a gorgeous range of yellows – from brilliant butter to golden amber. This polypore was the first mushroom to ignite my interest in dyeing with mushrooms with my Mom many years ago. It was also the easiest to find. For many years, a massive *Phaeolus* conveniently reemerged on a fir stump right next to the house.

As a matter of fact, *Phaeolus* made me lazy. I didn’t have to hunt for them – they found me. Whether I was walking or driving, their bright yellow edges caught my eye along the path or road, as if to wave me down, and remind me it was autumn. They announced that mushroom-dye season had officially begun!

This year it was the *Pisolithus* that popped up first and the cause of many excited emails and phone calls to my Mom (I ended up finding four in one week!). I thought if the *Pisolithus* were this abundant – a mushroom I never find – the *Phaeolus* would be waving me down before I knew it. I imagined a bounty of cheerful, yellow skeins of yarn.

But I was wrong. This year, this dyers polypore is playing hard-to-get. All my usual, easy to access stumps are empty. This year, I would have to hunt them down.

I’m lucky to have a father-in-law who owns many acres of forest, and a 17 year old nephew that was up for a bit of adventure. This was his first mushroom hunt; I instructed him what to look for and where to look. He hopped ahead of me through the forest of fir and oak, scouting old stumps, yelling to me if he found any type of mushroom.

After hiking steep terrain for over an hour, wondering where the heck all the mushrooms went, I found one little polypore. I squealed with delight, scoured the rest of the stump and exposed roots for another. I found many old shriveled ones from last year. Actually, several stumps were covered in old mushrooms, as if teasing me that if I tried a little harder last year, I would have been overflowing with skeins of yellow yarn this year.

I brought the small polypore to my Mom and questioned her why our faithful friend wasn’t around this season. She’s the expert, she always has the answers! But she was just as stumped as me.

We broke apart what we had, and produced two lovely skeins of yellow yarn. We’re hearing stories that *Phaeolus* are now finally popping up, a few months later than expected. I have plans to return to the forest next weekend (once the rain stops) and try my luck again. I’ve learned my lesson. No stump will go unsearched in my quest to find my favorite polypore.

SOMA Epicurean Dinner Report

Rachel Zierdt

I just got home from our first Epicurean event in over 6 months. From the happy faces, full tummies, and animated conversation, I am wondering why we had such a lull? 24 registered foodies showed up to enjoy a break from our wet afternoon in the company of similarly minded people... Everyone there enjoys mushrooms, appreciates good cooking, and sharing stories with old and new acquaintances.

Our seating was decided by Jim Wheeler who wanted us to do something new. We sat Paris bistro style with just 4-6 people seated at red checkered tables adorned with violets. Wine was evident as most participants brought some, so everyone was in fine form even before we sat down to eat. There were some delicious and interesting appetizers... chutney with boletes, a wonderful mushroom pate, creamy cheeses.

Just before serving dinner, each cook described their dish so we all knew in advance what we were eating. There was an interesting Thai soup with pineapple guava which turned the soup purple. Great side dishes with brussel sprouts, pasta with veggies and sausage, stuffed peppers – to name a few dishes.

Dessert of course featured pumpkin pie (made with a different type of squash) and Gene Broderick’s famous blackberry ice cream.

Thank you Joerg for organizing this dinner. With a shared effort in the pot luck everyone had a good time sampling new food. What a nice way to start our holiday season. We are all looking forward to a good mushroom hunting season, our December 15th SOMA holiday potluck, and SOMA camp in January.
The Santa Claus Mushroomer

“I’ve been thinking about weird dreams that lately have been real hard for me to tell from reality. Seem to stay around after I’m awake. Lurk nearby but still in my head like a shadow casting its own shadow. “

“Huh?”

“Whadd’ you say, Good Buddy? Don’t believe me or what?”

“’M getting sort of afraid to. You not making much sense and all and if I can make sense of it then it makes me kinda crazy like you. Think I’ll stick to the “or what?”

“Huh?”

“Let’s not do the “huh” thing, please.”

“Huh? I’m not hearing you too clearly, Good Buddy, and I am sure that . . . . ”

“Can’t we talk about the ‘Santa Claus Mushroomer,’ the tale which got all mixed up with the so-called legend of Amanita muscaria being the original stupor inducer from which some Germans or Danes or Swedes or was it local hippies got the idea of? And then when I was just a little whipper snapper you’d dress up in that outfit you’d bought at J.J. Newberry’s or Woolworths, or maybe it was our local five and dime, and try to get me to believe that it wasn’t you taking the cookies off the mantle or that Susie was my sister. Darn fly.”

“You are the only person I know who’ll swat his face with a swatter to get a fly.”

“They really bother me.”

“Must. Are those little mashed fly specks on you cheek bone?”

“I’ll get those off later. Now tell me more about the Santa Claus Mushroomer.”

“Right after I first heard the tale of the fly agaric I was thinking of Christmas and spied a fly buzzing by and he had this gloriously enraptured look on his tiny fly face. Odd, I thought, so I went to look at my just picked muscaria button and noticed a few small chunks missing from the cap with fly tooth marks and I started putting things together. Ordered better my Universe, if you will, Good Buddy.

“And then I remembered my Santa Claus outfit, the same one you mentioned and—by the way—purchased at Sears Roebuck & Co not those other places now long gone and I went to the costume shed and put it on. Boy, sure are lots of clown shoes on the floor out there and I had one heck of a time finding my cute little red boots with the fluffy fake cotton tops. But they look good and I feel pretty good wearing them. Not really silly either.

“So anyway I found the rest of this outfit, put it on, and realized my better ordered Universe included the story of flies getting weird eating Amanita muscaria. And I got a tad off sampling some too. After seeing that fly grinning so much pleasurably I took a big bite and started writing this story. Seems like hours ago. Seems like I’d like to be a fly all dressed up in a itsy Santa Claus outfit but wearing red clown shoes. Seems like . . . .

Good Buddy here: While the Old Guy sits all silly and such giggling and urping a bit too (he don’t really appear to be all that well) I think it’s okay if I present:

NON SANTA CLAUS DRESSING UP CAUSING RECIPE FOR AMANITA MUSCARIA

By Good Buddy

Serves: 4 as an appetizer
Preparation Time: 30 Minutes

1 each  Amanita muscaria, medium sized, about 4” across the cap, sliced 3/16”
2 quarts  water
½ Tbl  olive oil
½ Tbl  butter, unsalted
sea salt and fresh ground black pepper
1 Tbl  shallots, minced
1 1/2 Tbl  parsley, Italian, chopped fine
lemon wedges, optional

Boil the water, add the mushroom slices, return to a boil and continue to boil steadily for 10 minutes. Drain through a strainer as you throw away the water and then shake the strainer to remove as much water as possible. Set the slices on a cotton dish towel to dry. I like to then place them in the refrigerator for as long as possible (overnight is good) to become very dry but this step is optional.

In a large sauté pan heat the butter and oil over medium high, add the mushroom slices, salt and pepper, and sauté until crisp at the edges (about 8 minutes). Add the shallots and parsley and cook for another 2-3 minutes over lowered heat. Serve immediately with or without a squeeze of lemon.

IMPORTANT NOTE: THIS RECIPE — THE PART WHERE YOU BOIL THE MUSCARIA FOR 10 MINUTES — MUST BE FOLLOWED PRECISELY TO RID THE MUSHROOM OF TOXIC IBOTENIC ACID!
SOMA Camp 2013 – What’s In It For You?

Rachel Zierdt

SOMA camp 2013 is fast approaching. The weekend of January 19-21 promises to be jammed packed with forays, cultivation, fiber arts, and informational classes. This year we have tried to schedule a series of classes so that campers with specific interests could pursue them. We call these tracks. Tracks are a suggested order of going to seminars. They are by no means exclusive to just a group of people, but this stream of classes has been scheduled so that campers who are focused on a particular aspect of camp can find seminars that don’t have conflicting times. I need to say in advance any class is open to any camper (unless it is pre-registered). You don’t need to stay on one track, and there are no restrictions if you just want to jump from one track to another. This is your time to have fun picking and choosing.

If you are a beginner or a first time camper and want classes that span different aspects of mushrooming, here is a list of suggested classes … Starting on Saturday, beginners could choose to take Norm Andresen's introduction to morel hunting, followed by JR Blair's class on using Mushrooms Demystified to help ID mushrooms. After lunch JR will be leading a foray to help with locating and collecting mushrooms, which could be followed by a class on mushroom poisons with Denis Benjamin.

On Sunday, beginners can learn to use mushrooms in paper making with Marilyn Hornor (pre-registration) or how to use lichens in dyeing with Shelley Benson and Sarah Minnick (pre-registration). This year we have a mushrooming class on using agaricus extracts with Terry Jensen and Karen Aguiar. After lunch, learn about boletes with Noah Siegel, and then take a M is for Mushroom class with Jill Nussinow. You could also squeeze in oyster mushroom kit making, learn how to photograph mushrooms with Michael Wood, or finish Sunday off with another follow-up class with JR Blair.

Monday could be a great time to learn about Sonoma County’s specialized mushroom growers and watch how they grow mushrooms and then have a cooking demo with one of their own, Bob Engle.

Similar exciting tracks are open to those who enjoy fiber arts, cultivation, and medicinal uses of mushrooms. There will be classes for those interested in the more scientific aspects of mushrooms, mushroom surveys currently being done, research on mushroom genetics, and mushrooms viewed under microscopes.

We have two great main speakers on both nights – a doctor who is doing exciting cancer studies using mushrooms and an expert on Agaricus mushrooms. The food is always incredible and Chef Julie promises two amazing meals including our famous Sunday night banquet. If you haven’t signed up for camp, we strongly urge you to do it. Don’t be left out.

Be sure to check out the SOMA website to register for camp and to pre-register for the classes that require it. The website address is: http://somamushrooms.org/camp/.

Oregon Coast Report

Anna Moore

Well November in Oregon was RAIN, RAIN, RAIN. Now I know what the mush in mushroom stands for!

Early November I did get out regularly and found pounds of porcini, Boletus edulis, mostly in good shape. Amanita muscaria and Tricholoma magnivelare (Matsutake) started coming out in abundance, too. There were carpets of Clavaria purpurea, the purple club fungus. Yet it took until the latter part of November for the prolific Cortinarius and other Tricholoma species to make a good showing. The Boletus edulis banquet (deer, elk, slugs, bugs, and humans all partake) slowed down to a dribble by the end of the month.

Many of my reliable spots never produced, but as usual, I found new spots. It is so beautiful in the Oregon sand dunes but I was introduced to a new spot that was a wild blueberry bog with boletes all around the edges, and chanterelles, too – WOW. I’m used to fighting my way through the thickets of broom, but this was paradise, walking through moss carpeted bogs with many species of interesting mushrooms.

Later, north of Florence I did a new hike with friend, Mike, and he showed me how the area used to look before housing developments came in. We hiked through masses of wild blueberry patches, islands of pines, high sand dunes and lovely landlocked lakes. The primary mushroom was the Matsutake.

Now at the beginning of December it is Dermocybe time. The bright red, orange, and yellow gilled Corts came out in decent numbers – but not as prolific as past years. I pick these for dyers and for SOMA camp. What is out now in huge amounts is Tricholoma flavovirens, man on horseback. I’ve never seen this many before.

The winter chanterele, Craterellus tubaeformis, is showing up but still too small to pick. I expect this will be a bumper year for them. Finally the gypsie troops, Cortinarius caperata, made an appearance. Can you imagine thousands of acres of Forest Service land and State Park land within a short drive of home and reasonable rules for personal use? That’s the Oregon Coast.
SOMA November Foray Report

Michael Miller

We've had a pretty dry fall with everyone checking the rain totals at Salt Point, waiting for the 2-3” needed before things really start to happen. The September and October forays were beautiful days at the coast, but few species and almost no edibles were found. One woman on the October 20th foray showed us a picture saved on her cell phone taken during the October 20th, 2011 foray, where she had a big basket full of porcini. November promised to be better.

While many people stayed away from the coast on Saturday due to forecasts of rain, 44 stalwarts arrived at Woodside Campground, drawn by the potential for bountiful baskets of boletes. Most of the hunters were new, and they had a great first-time experience with lots of species in the field. While all of us drove through rain on our way to Salt Point, there was hardly a sprinkle when we arrived. Jim Wheeler told us “if we don’t put up the tarp, it’ll rain for sure” so the early arrivals helped erect the tent. Jim’s prediction proved true, with no rain until after lunch was finished and we were taking the tarp down. Lots of heavy coats and bright rain slickers ended up stuffed into the trunk, with many forayers cruising through the woods in t-shirts.

Jim Wheeler took the biggest group around the campgrounds and up the Central Trail, while Aaron and I brought a big group up to the northern end of the park. We found many species and lots of porcini, with some hunters bagging their 5 lb. limits. Lots of loud hooting was heard in the woods from people finding their first boletes of the season. Seriously satisfied people headed back to the campground for the potluck. We had both George Riner and Patrick Hamilton for mushroom I.D. and the big group of newcomers really appreciated all the scientific expertise on hand. This is probably the most important thing that SOMA does, in inviting anyone and everyone to join us in the woods, and then to have real experts who can educate us about fungi. It’s kind of like being invited to go fishing, and getting a lesson on Marine Biology thrown in.

When we got back to the campground most folks were huddled around the I.D. tables, while the cooks fired up their stoves for the feast. As always, Finola Diaz brought huge cauldrons of great stuff; Saturday was a sensational Romanian soup with huge pork and rice meatballs. David Batt arrived earlier than anyone else, went diving for abalone and cooked it up for everyone, including sea urchin roe that he also caught that morning. Maria Tanase brought Romanian chicken and many other hot and cold dishes jammed the tables.

So, we dodged the rain, hit the boletes just right, found lots of other shrooms, had two I.D. experts, five cooks with stoves, and tons of goodwill. If you missed Saturdays’ foray, join us for the next one. We’ll do it all over again.

List compiled by George Riner and Darvin DeShazer

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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?

http://somamushrooms.org/membership/
Mushroom Season Has Begun!

Mary Olsen

The beginning of mushroom season is as exciting to mushroomers as the first good snowfall is to skiers. It is as exciting as November 15th is to French enophiles. But you won’t see any banners proclaiming “Les fungi est arrivé”. It’s a quiet joy, cloaked in fog and mist and whispered about amongst close friends.

Three weeks ago, when the first good rain was predicted, I found my large glass measuring cup out in the garden, looking very out of place. The next morning Jim proclaimed, “Three inches! Three!” He quickly grabbed the calendar and made a notation to look for Porcinis on November 5.

On the noted morning he was out the door in the morning like a shot out of a cannon. “I just have to check a couple spots – I’ll be right back.” Six hours later, there he was, fungi-less. “Maybe it’s a bit too early,” he said, defeated.

Three days later he was off again. But this time he returned triumphant with a basket full of little fat piggies. Life was good again.

At the beginning of the season, the yahoo groups of the Fungus Federation of Santa Cruz and the Sonoma County Mycological Association are screaming with excited reports of findings. Exact locations are not often offered, but general areas and elevations usually are.

Mushroom season at our house means risotto time. Porcini risotto and roast chicken with chard or broccoli. Or a luxuriously rich gravy with Porcini on polenta. Or simply sauteed in butter and garlic, splashed with half and half and a bit of sherry, and served on toast so the flavors can be savored without the distraction of rice or polenta.

Porcini season is very short – precious and so quickly gone. But next comes a much longer season of chanterelles, hedge hogs, yellow feet and black trumpets and candy caps, all of whom are most delicious. Once the warmth of summer arrives, the mushroomer must find something else to do. But then of course, it’s baseball season.

Important notes:

NEVER eat a wild mushroom unless you are DEAD sure of its identity. Join a mushroom club. Take good photos of your find and post them online. Many folks will be willing to help with identity, but the most dependable resource is one of the mushroom clubs. Their medical resource people are available 24/7.

NEVER eat ANY mushroom raw.

Some people are allergic to certain mushrooms. I, for instance, cannot eat coral mushrooms. I spent a very long night hugging the porcelain during a Santa Cruz club foray. No one else did. Good thing the place had four bathrooms.

Visit Vicki Leeds at Cabaline if you would like to go mushrooming with one of the world’s foremost aut...
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 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