



# SOMA News

VOLUME 23 ISSUE 3

November 2010

SOMA IS AN EDUCATIONAL ORGANIZATION DEDICATED TO MYCOLOGY.  
WE ENCOURAGE ENVIRONMENTAL AWARENESS BY SHARING OUR ENTHUSIASM  
THROUGH PUBLIC PARTICIPATION AND GUIDED FORAYS.

## FALL 2010 SEASON CALENDAR

### November

Nov 18th » Meeting—7pm  
Sonoma County Farm Bureau  
Speaker: David Arora

Nov 20th » Foray—SPSP—10am

### December

Dec 10th—The fabled Mid-winter...  
**Mushroom Potluck Feast**

Dec. 18th » Foray—SPSP—10am

**Renew your membership if  
you forgot in September!**

**Time to start thinking about  
SOMA Camp 2011.  
January 15th—17th**



## EMERGENCY MUSHROOM POISONING IDENTIFICATION

After seeking medical attention, contact **Darvin DeShazer** for identification at (707) 829-0596. Email your photos to [muscaria@pacbell.net](mailto: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.

**NOTE: Always be 100% certain of the identification of any and all mushrooms before you eat them!**

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

## SPEAKER OF THE MONTH

### David Arora The Wheel of Fungi: Chapter 8 Thursday, November 18<sup>th</sup> 7 PM at the Farm Bureau

David Arora is an American mycologist, naturalist, and writer. He has written several books and articles, the best known of which are *Mushrooms Demystified* & *All That the Rain Promises, and More*. Most recently he was a major contributor to a special ethnomycological issue of *Economic Botany*, a peer-reviewed journal published by the New York Botanical Garden.

David Arora has suggested/helped arrange our November speakers for the last three years and offered to come himself this time. His interests range from mushroom harvest and usage around the world to mushroom ecology, taxonomy, cuisine, culture and storytelling. All of these subjects will be touched upon, in one way or another, during his presentation, "The Wheel of Fungi: Chapter 8."

David says of his presentation:

**"Without giving too much away, I will be giving something away."**



Photo by  
Ryane Snow

## SOMA OFFICERS

### PRESIDENT

Jim Wheeler

[SOMApresident@SOMAmushrooms.org](mailto:SOMApresident@SOMAmushrooms.org)

### VICE PRESIDENT

Vacant

### SECRETARY

Karen Kruppa

[SOMAscretary@SOMAmushrooms.org](mailto:SOMAscretary@SOMAmushrooms.org)

### TREASURER

Julie Schreiber

[SOMAtreasurer@SOMAmushrooms.org](mailto:SOMAtreasurer@SOMAmushrooms.org)

## COMMITTEES AND BOARD MEMBERS

### BOOK SALES

Gene Zierdt

### CULINARY GROUP

Chris Murray

[SOMAculinary@SOMAmushrooms.org](mailto:SOMAculinary@SOMAmushrooms.org)

### CULTIVATION CLUB CHAIR

Ben Schmid

[SOMAcultivation@SOMAmushrooms.org](mailto:SOMAcultivation@SOMAmushrooms.org)

### FORAYS

Michael Miller

[SOMAforay@SOMAmushrooms.org](mailto:SOMAforay@SOMAmushrooms.org)

### MEMBERSHIP

George Riner

[SOMAmembership@SOMAmushrooms.org](mailto:SOMAmembership@SOMAmushrooms.org)

### MUSHROOM DYE COORDINATOR

Dorothy Beebee

[SOMAmushroomdyes@SOMAmushrooms.org](mailto:SOMAmushroomdyes@SOMAmushrooms.org)

### MUSHROOM PAPER COORDINATOR

Catherine Wesley

(707) 894-7725

### SCHOLARSHIPS

Rachel Zierdt

[scholarships@SOMAmushrooms.org](mailto:scholarships@SOMAmushrooms.org)

### SCIENTIFIC ADVISORS

Darvin DeShazer

(707) 829-0596

[muscaria@pacbell.net](mailto:muscaria@pacbell.net)

Chris Kjeldsen, Ph.D.

(707) 544-3091

[Chris.Kjeldsen@sonoma.edu](mailto:Chris.Kjeldsen@sonoma.edu)

### SOMA CAMP DIRECTOR

Linda Morris

[SOMAcampinfo@SOMAmushrooms.org](mailto:SOMAcampinfo@SOMAmushrooms.org)

### SOMA CAMP REGISTRAR

Lou Prestia

[SOMAregritar@SOMAmushrooms.org](mailto:SOMAregritar@SOMAmushrooms.org)

### SOMA NEWS EDITOR

Tom Cruckshank

[SOMAnewseditor@SOMAmushrooms.org](mailto:SOMAnewseditor@SOMAmushrooms.org)

### SOMA WEBMASTERS

Martin Beebee

[SOMAINfo@SOMAmushrooms.org](mailto:SOMAINfo@SOMAmushrooms.org)

### VOLUNTEER COORDINATOR

Lee McCarthy-Smith

[Volunteer@SOMAmushrooms.org](mailto:Volunteer@SOMAmushrooms.org)

SOMA's *Amanita muscaria* logo by Ariel Mahon

## PRESIDENT'S LETTER

### Dispatch From the Duff - November 2010

Valerie Wong was awarded the SOMA Charmoon Richardson Graduate Scholarship in May of 2010. At the October meeting she presented an outline and discussion of her work to the group. Valerie is from the East Coast and earned her Bachelor's Degree at Wellesley College. She is a Doctoral Degree candidate in the Bruns Laboratory, Department of Plant and Mycrobial Biology, University of California, Berkeley. Recently she was recognized as an Outstanding Graduate Student Instructor by the university.

Valerie introduced her work by posing a question to the audience, "which of these plant relationships were symbiotic: 'mutualism', 'commensalism' or 'parasitism' "? She offered examples of each and then explained why all three were part of symbiotic relationships. From there she outlined her current work. (For accuracy, I quote from her statements on the Bruns Lab Website.)

"The primary focus of my dissertation research is cheating of the ectomycorrhizal symbiosis, one of the most widespread mutualisms in terrestrial ecosystems. Mycoheterotrophic plants parasitize fungi by reversing the usual direction of net carbon flow in mycorrhizal interactions. Mycoheterotrophs thereby represent an extreme in the continuum of plant-fungal interactions within mycorrhizal symbioses. The tripartite symbiosis of photosynthetic plant – mycorrhizal fungus – nonphotosynthetic, mycoheterotrophic plant (*Pinus – Rhizopogon salebrosus – Pterospora andromedea*) provides a clear example of obligate cheating by a plant that evolved from photosynthetic mutualists. To investigate host specificity in establishment of the mycoheterotroph symbiosis by *Pterospora andromedea*, I am developing this as a model system that spans the extremes of mycorrhizal symbiosis from mutualism to parasitism."

Valerie is completing research using *Penicillium chrysogenum* a common, globally distributed species. She is interested in using high-throughput sequencing technology to identify genomic variations within this cosmopolitan fungus. In collaboration with the DOE's Joint Genome Institute, she is leading the Bruns Lab effort to sequence *Rhizopogon salebrosus*

The SOMA Scholarship Committee was very glad to receive her application and to award the scholarship of \$1500 to a very interesting and deserving graduate student.

On other business: Last notice, there are only 7 copies of the Taylor Lockwood 2011 Mushroom Calendar left (\$15). It is well done and could make an excellent gift for every mycophile. Email me on the SOMA website address if you would like to purchase one.

Best regards,  
Jim Wheeler

## MEMBERSHIP RENEWAL—FINAL REMINDER!

SOMA members. It is time to renew your membership. Last year it was decided that an annual renewal was advantageous. **September** is the renewal month. If you want to volunteer at SOMA Camp and participate in other SOMA events and activities, please renew your membership now. The easiest way to do this is to go to the SOMA website and apply online using Option 1 at this link:

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

## FORAY OF THE MONTH

**Saturday, November 20<sup>th</sup>**

Meet at **Woodside Campground** in **Salt Point State Park** at 10 AM.

**\$8 daily parking fee per car now at SPSP!**

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 Michael Miller at (707) 431-6931 for more information.

I have to admit that I live in fear of the TSA, not that they suspect me to be a terrorist, but that they will take away my bags of dried mushrooms out of my luggage! That was my main trepidation on this recent mushroom dye jaunt to the Taos Wool Festival in New Mexico last month! Just back from the "14<sup>th</sup> Fungi/Fibre Symposium" in Sweden in mid September, I had 5 days to recover from jet lag and get ready to go flying again – this time instead of bringing in *Hapalopilus nidulans*, I was carrying out bags of "Red- Gilled Dermocybes" from Anna in Oregon, dried chunks of *Phaeolus schweinitzii* from Maggie in Portland, and large dried *Omphalotus olivascens* from Susan in Cottonwood (I've eliminated last names to protect the innocent just in case the TSA is still stalking me!) Thanks to those 3 intrepid ladies for their colorful contributions!!!! If "They" took away my mushrooms I would be up an arroyo without a walking stick in the high desert! So I blatantly labeled all of bags just what they were (Latin names and all) – all in nice see-through plastic with a big sign as to where I was heading and why. And prayed..... And of course, on arrival in ABQ there was a nice little note tucked into my checked bag that the TSA had "been there", but everything was undisturbed ~ Hallelujah!!!

After that heart-stopper, the rest of the trip at 7000 ft., was a dish of flan – especially driving from Albuquerque through the incredible red rim rock to Santa Fe, then up and under the overpasses brilliantly painted with names and designs of the Native lands through which the highway trespassed, aspens glowing high above on the Sangre de Cristos peaks, winding north along the narrowing Rio Grande, stopping at every

cottonwood-yellow turnout, until the wide serene misty blue valley of Taos opened before me. The "Nature's Palette" natural dye subset of the Taos Wool Festival was my niche, and the drive had prepared me with old natural dye friends of brilliant yellow flowered "Rabbitbrush", "Chamisa", and "Cota" – all a part of my own former natural dye palette in NM long before I met Miriam and was swept away headlong into the world of mushroom dyes.

So here I arrived with 3 bags full – (of mushrooms), to try and convince a room full of professional natural dyers that there was still *another* world of color to be explored, right above them in those aspen clad forests ... Actually, it was in New Mexico that the original *Boletus edulis* drawing was done for Miriam's book 37 years ago ("Let's Try Mushrooms for Color") ~ that bolete that we call "Miriam's mushroom" (and that NAMA loves to borrow), while visiting my cousin Linda in Tesuque, just north of Santa Fe. As I recall, after illustrating it all afternoon with a crow-quill pen and India ink (all those little dots...), we sliced up that big sucker, fried and ate it for supper! Also just this last July, another cousin picked over 50 lbs of *Boletus edulis* in the nearby Jemez Mtns. – so I KNOW that there are mushrooms up in them thar hills!!

Well I didn't have boletes for the dye pot, but the red-gilled Dermocybes that produced lovely rose hues on alum mordanted wool, soysilk, mohair, bamboo and banana/silk fibers, and a bright glowing lemon yellow from Phaeolus, and then we combined the two of them to make a screaming neon orange dye

- that alone almost convinced them, but it was the violet and dk. forest green dyes from the *Omphalotus* that made them true believers, especially when the after-baths (about 4 in all) amazed all of us with warm blue-greens on alum wool samples and teal blue-green on iron mordanted wool, the like of which I have never seen before from that dye mushroom! (Almost the same blue hues that the Swedish Sarcodons gave us at the Symposium the month before....It must have been something in the Taos tap water to give us those muted turquoises, but I still have another bag of those same *Omphalotus* mushrooms to try at SOMA Camp this year to see if we can repeat that azure eyed experiment! Was it the Taos Tap water? Or the Sacramento Valley mushrooms? Only repeating the experiments will tell... Come and see the magical dye pot results at SOMA Camp in January!!!



*Dermocybe semi-sanguinea*



*Omphalotus olivascens*



*Phaeolus schweinitzii*

Photo of dyed yarn by  
**Laura Lomax**, New Mexico  
 Graphics by  
**Dorothy Beebee**

**The Short Time of Warm Days and Long Cool Shadows**

In the fall we can walk in the warm woods with our long cool shadows as companions. These forest floor shade friends live in their rare form only after the tall and dry summer sun goes and before the short wet winter one comes. It is my favorite time of the year and the favorite of most local mushroomers. Our season will soon be on.

But it has been already on up in the Sierras where these past few months fine fruitings of boletes have occurred nicely. A report of over 150 pounds from one patch, then twenty pounds along Highway 50, more near Highway 80, plus tales of brown bags full from simple short hikes in between have been hitting the Internet airwaves recently.

Folks have been tearing along the roads using up tanks full of gasoline with little regard for their carbon foot print on our world. But heck—these are porcini we're talking here.

Fat boy little piggy porcini, and butters too, cut for the olive oiled sauté pans display taste and textures reminiscent of abalone. A sweet bronzed nuttiness with crisp edges and pudding-like centers.

Soon our coastal season will be up and running. This surprising Mid-Late October rain might not be enough to cause any real bolete happening on the coast but more wetness soon surely will.

Last year was a great one for we who pursue these porcini with glee and why should not this year be? None of us has gathered enough info to surely have real data as to any cycles of mushroom fruiting—to my limited knowledge—so every new season is always full of hope of it being a winner.

Today Amy BeberVanzo and an Alaskan buddy (David Grimes) and I met up with mushroom hunting gonzo, Terry Caudle, near where I used to live east of Truckee in the lodgepole and Western white pine and red fir woods. Fat boy piggies were waiting for us barely hiding amongst down dead wood branches, around the back sides of timbered stumps, and right by the trucks too. A few of the almost over [CLIP & SAVE](#) sized 4-5

pound monsters (is there a size limit?) were taken back to the vehicles for close inspection of their somewhat greening sponge. We took these to be dried for the SOMA Camp kitchen where their finest glory can be achieved. But most of those fat boy pigs found that day were absolutely white tube number 1's.

Now, while I am revisiting this article, it is raining again (10/23) and this just might be enough with a few more days of a steady heavy drizzle to incite those woods' pigs to squeal us with delight.

Back in my mind now and up to the Sierras I am somewhat quizzically remembering as to how difficult those mountain piggies were to corral. Talk about herding cats. Those fat boys evaded most every attempt at capture on our first run through their territory. Thankfully, my Australian Shepherd, veteran of many, many pig hunts—Danny Boy—was there to keep order and bark conversantly like he does when working mushrooms. (I do too.) He ambled back and forth around the patches keeping track of any who tried to scamper off. Good dog, that.

Real pigs are different. Once, a while back, my then partner and I decided to be hog farmers in Sebastopol. We bought three wieners at a ranch out Roblar Road and when they got to their new home I told them to get comfy, get used to their new digs and wallow and that they could trust me. I named them "Breakfast", "Lunch", and "Dinner".

I had Australian Shepherds then too and they'd play with the pigs until the day those hogs got to be 220 pounds fat meat. They stopped playing then.

The Sierra pigs were not named but they got slaughtered too. Linda Morris came over and she had some slices sautéed in good olive oil and sprinkled with Malcon sea salt. I don't think she was actually name calling when she exclaimed, "Good Lord, these are good!" Other pieces went quietly into the dryer with no oaths uttered but to be resurrected for SOMA Camp later.

A not too long time ago, in a place right behind me and over there (the kitchen), other high elevation mountain hogs were put to rest in a fine open sandwich. Check out their heavenliness below.

**Porcini on Toasted Bread**

Serving Size: 4 Preparation Time: 0:35

Amount/Measure	Ingredient	Preparation
1	Med porcini mushroom (1/2 lb)	sliced ¼" thick
8 Slices	rustic bread	
6 Tbl	extra virgin olive oil	
1 Ea	egg	
6 ½ Tbl	whole milk	
¼ C	Grana Padano or other similar cheese	grated
1 Tbl	Italian parsley	finely chopped
2 Cloves	garlic, medium	minced
6 Ea	sage leaves	minced
6 Ea	sage leaves, whole	
2 Oz	Fontina (Val d'Aosta) or similar	thinly sliced

Heat oven to 450.

- Put the bread slices on a sheet pan and drizzle with 2 tbl of the oil. Bake about 5 minutes--until golden brown. Remove from the oven and set on the open door.
- Beat the egg with the milk, cheese, salt and 1 tsp of the parsley. Set aside.
- Sauté the mushrooms in the remaining oil for 5 minutes. Add the garlic, salt, pepper, minced sage and remaining parsley and cook 5 more minutes. Stir in the egg mixture and remove from the heat.
- Evenly place this mixture over the bread. Evenly top each with the Fontina.
- Put the pan under a preheated broiler and cook until crusty--about 3-4 minutes.

For service--place on a platter and garnish with more parsley sprigs and the remaining sage leaves.



Saturday Morning greeted SOMA Foray stalwarts with the promise of a rainy day, and we were not disappointed. I had received a dozen e-mails questioning "Are you SOMA Folk hardcore enough to hold your foray in the rain?" to which we replied "Of Course! Join us at 10:00, Rain or Shine!" As we all know, rain is the Mushroom Hunter's best friend.

Despite the dark skies, 42 people showed up at Woodside. President Jim Wheeler had the huge Rain Canopy all ready and there were many hands volunteering to put it up. A large group stuck close-to-home to foray with Jim and other volunteers in the Woodside campground area, which afforded them the option of a short foray, with ready escape back to camp for a little dry-out time. Aaron and I led a group to the North end of SPSP, and while we DID get wet, almost everyone found chanterelles, including several newcomers, and we returned triumphantly to Woodside to find a huge group enjoying Pot Luck under the awning. Science Advisor Darvin DeShazer was on hand to educate the group on their findings.

Adverse weather brings people together, as seen by the 42 people huddled close together under the canopy. This gave us a chance for close contact and intimate dialogue and many comments on the excellent dishes served up under challenging atmospheric conditions.

The Real Test of true women and men, however, are those who remain behind to take the awning DOWN. The crowd had thinned to a handful, and I told Jim that what we really needed at that point in time was Three Powerful Women. Jim's friends, the three UC Grad Student Women, while maintaining high GPAs scored an incredible 109% with their enthusiastic volunteering to go back into the rain (on purpose) and get wetter to help us break camp. May the Mushroom Gods grant them wealth, good fortune and many Boletes on future forays. As of October 31<sup>st</sup> Salt Point has registered over 9 inches of rain, so mushrooms of all types shall be found at future outings. I personally guarantee sunny skies for our next foray on November 20<sup>th</sup>. Ya'all come back now, ya hear?

<i>Amanita constricta</i>	<i>Gomphus clavatus</i>	<i>Russula silvicola</i>
<i>Amanita franchetii</i>	<i>Lactarius xanthogalactus</i>	<i>Russula xerampelina</i>
<i>Amanita pachycolea</i>	<i>Micromphale sequoiae</i>	<i>Sparassis radicata</i>
<i>Boletus edulis</i>	<i>Rhizopogon salebrosus</i>	<i>Stereum complicatum</i>
<i>Cantharellus cibarius</i> var. <i>roseocanus</i>	<i>Russula brevipes</i> var. <i>acrior</i>	<i>Stereum hirsutum</i>
<i>Cantharellus formosus</i>	<i>Russula brevipes</i> var. <i>brevipes</i>	
<i>Cantharellus subalbidus</i>	<i>Russula brunneola</i>	Thank you <b>Darvin</b>
<i>Entoloma rhodopolium</i>	<i>Russula laurocerasi</i>	
<i>Fomitopsis pinicola</i>	<i>Russula olivacea</i>	

**THE OREGON COAST REPORT**

October is usually fantastic on the OR coast, but this year with only 5 inches of rain in the sand dunes of Florence, it has been subdued. The rain stopped just north of Florence and reports north are good as well as in the Cascades.

On the central coast the picking is good for lobsters, chanterelles and matsutake. The Gypsy troops came early as one of the first corts. King boletes showed up randomly instead of abundantly. Hedgehogs are in all stages and winter chanterelles are appearing as pinheads. The absence of *Amanita muscara* is obvious and the first ones are just making their bright appearance as of Oct. 20.

Mid October was the Yachats mushroom festival and there were plenty of species brought in for the show. David Arora held a foray at Cape Perpetua during the weekend and his group tasted many species, including several colorful Russulas. It appears the locals don't harvest this Genus as there were many tasty ones along the trails. The red gilled dermocycbes are just appearing and other good dye hydnellums and sarcodons are abundant. Something for everyone can be found in the green moss, the knick-knick, and the evergreen needles. Even in a bad year, it's still good on the coast. Now the storm door has opened so there should be a great show at Mt. Pisgah (East of Eugene) on October 31. Come on up!



Photos by Anna

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## Alaska Foray—2011

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Editor's note:

Last month I featured an invitation to participate in an Alaskan mushroom adventure like no other. There has been interest and we only need 2 more people to make this a reality.

This could be the chance of a lifetime for unbelievable fishing and mushroom hunting. If you have interest, contact the editor: [somanewseditor@somamushrooms.org](mailto:somanewseditor@somamushrooms.org) For facility questions ask Bill White, 832-439-8473 <http://www.alaskasportslodge.com/>

Here is what is possible although this year was a stellar year. This is a report from Debbie Viess, that first appeared on the BAMS yahoo group list, [www.bayareamushrooms@yahoo.com](http://www.bayareamushrooms@yahoo.com) :

Hello Latin Lovers (aka Mushroom Geeks),

Last night, just prior to the FFSC meeting, I put the finishing touches on this Alaskan fungal species list, a work in progress since late August of this year.

Thanks to all of the collectors who hunted with me up at Bill White's Sport's Lodge, and fellow on-site identifiers Phil Carpenter and Mark Gillespie.

Special thanks to Irene Andersson of Sweden, who was most helpful in her recognition of the many fungal species that are shared between Alaska and Sweden, in similar, sub-arctic environment.

List follows. 198 species collected and identified, with many more left in the field.

Whatta year!

Debbie Viess

Kenai Peninsula Fungal Species List: August 6-13, 2010:

<i>Agaricus arvensis</i>	<i>Cortinarius betulinus</i>	<i>Lactarius deliciosus</i> group
<i>Agaricus semotus</i> group	<i>Cortinarius caperatus</i>	<i>Lactarius deterrimus</i>
<i>Agaricus silvicola</i> group	<i>Cortinarius laniger</i>	<i>Lactarius hibbardae</i> var <i>hibbardae</i>
<i>Agaricus</i> sp. 1-2 (fragrant, yellowing)	<i>Cortinarius porphyropus</i>	<i>Lactarius plumbeus</i>
<i>Albatrellus avellanus</i>	<i>Cortinarius septentrionalis</i>	<i>Lactarius pseudomucidus</i>
<i>Albatrellus dispansus</i>	<i>Cortinarius solis-occasionalis</i>	<i>Lactarius repaerentaneus</i>
<i>Albatrellus ovinus</i>	<i>Cortinarius traganus</i>	<i>Lactarius scrobiculatus</i> var. <i>canadensis</i>
<i>Aleuria rhenanna</i>	<i>Cortinarius trivialis</i>	<i>Lactarius trivialis</i>
<i>Amanita muscaria</i> (orange)	<i>Cortinarius vibratilis</i>	<i>Lactarius torminosus</i>
<i>Amanita muscaria</i> (red)	<i>Cortinarius</i> sp. 15+	<i>Lactarius turpis</i>
<i>Amanita muscaria</i> (yellow)	<i>Crepidotus calolepsis</i>	<i>Lactarius uvidus</i>
<i>Amanita regalis</i>	<i>Crepidotus</i> sp.	<i>Lactarius</i> sp. 4
<i>Ascomycete</i> (small orange fuzzy cups)	<i>Cudonia circinans</i>	<i>Leccinum alaskanum</i>
<i>Baeospora</i> sp.	<i>Cudonia</i> sp.	<i>Leccinum arctostaphylos</i>
<i>Boletus edulis</i> (ridiculously abundant)	<i>Cystoderma amianthum</i>	<i>Leccinum atrostipitatum</i>
<i>Boletus regineus</i> (aureus)	<i>Dacrymyces palmatus</i>	<i>Leccinum aurantiacum</i>
<i>Boletus subtomentosus</i>	<i>Dermocybe</i> ( <i>Cortinarius</i> sp.) yellow cap and gills	<i>Leccinum discolor</i>
<i>Boletus</i> sp. (pinkish stipe, browning pores, no bluing; similar to <i>subglabripes</i> )	<i>Dermocybe</i> ( <i>Cortinarius</i> sp.) orange cap, yellow gills	<i>Leccinum holopus</i> var. <i>americanum</i>
<i>Boletus</i> sp. (large red pores that blue, tan cap, thin stipe, yellow-orange context)	<i>Dermocybe</i> ( <i>Cortinarius</i> sp.) golden	<i>Leccinum insigne</i>
<i>Calocera cornea</i>	<i>Dermocybe</i> ( <i>Cortinarius</i> sp.) stains pink	<i>Leccinum rotundifolia</i>
<i>Cantharellula umbonata</i>	<i>Entoloma</i> sp.	<i>Leccinum versipelle</i>
<i>Chalciporus piperatus</i>	<i>Fomes fomentarius</i>	<i>Lentinellus</i> sp. (not <i>Pleurotus populinus</i> )
<i>Chalciporus piperatoides</i>	<i>Galerina</i> sp.	<i>Lepiota cortinarius</i> (reddening, fibrillose veil)
<i>Clavariadelphus sachalinensis</i> (in large troops)	<i>Gymnopus acervatus</i> (see <i>Conopus</i> )	<i>Lepiota magnispora?</i>
<i>Clavariadelphus truncatus</i>	<i>Gymnopus confluens</i>	<i>Lichenomphalia umbellifera</i>
<i>Clavulina cristata</i>	<i>Gymnopus</i> sp.	<i>Lycoperdon nigrens</i>
<i>Clitocybe odora</i>	<i>Gyromitra infula</i>	<i>Lycoperdon perlatum</i>
<i>Clitocybe</i> sp. 5	<i>Hydnellum peckii</i>	<i>Lycoperdon</i> sp.
<i>Clitopilus prunulus</i>	<i>Hydnellum</i> sp. 2	<i>Lyophyllum decastes</i>
<i>Collybia cirrhata</i>	<i>Hygrophoropsis aurantiacum</i>	<i>Marasmius</i> sp.
<i>Coltrichia cinnamomea</i>	<i>Hygrophorus erubescens</i>	<i>Mycena adonis</i>
<i>Conopus acervatus</i>	<i>Hygrophorus purpurascens</i>	<i>Mycena aurantiidisca</i>
<i>Coprinopsis lagopus</i>	<i>Hygrophorus</i> sp. 2-3	<i>Mycena oregonensis</i> (?)
<i>Coprinus comatus</i>	<i>Hypholoma</i> sp. (greening gills)	<i>Mycena pura</i>
<i>Coprinus</i> sp.	<i>Hypomyces luteovirens</i>	<i>Mycena rorida</i> (thick, clear slime coat; now <i>Roridomyces roridus</i> )
<i>Cortinarius argutus</i>	<i>Inocybe geophyllum</i>	<i>Neolecta irregularis</i>
<i>Cortinarius armeniacus</i>	<i>Inocybe lanuginosa</i> group	<i>Onnia tomentosa</i>
<i>Cortinarius armillatus</i>	<i>Laccaria laccata</i>	<i>Otidia</i> sp.
<i>Cortinarius canabarda</i>	<i>Laccaria</i> sp.	<i>Paxillus involutus</i>

(Continued on page 7)

(Continued from page 6)

*Phaeolepiota aurea*  
*Phellinus igniarius* or *tremulae*  
*Trichaptum* sp.  
*Phellodon tomentosus*  
*Pholiota aurivella*  
*Pholiota heteroclita* (odor of matsutake)  
*Pholiota squarrosa*  
*Pholiota terrestris*  
*Pholiota* sp. (large, yellow stipe apex)  
*Phyllotopsis nidulans*  
*Piptoporus betulinus*  
*Psathyrella* sp.  
*Ramaria* sp. (yellow)  
*Ramaria* sp. (purple-brown)

*Russula brevipes* group  
*Russula claroflava*  
*Russula albonigra* (blackened but didn't turn red first)  
*Russula* sp. 10  
*Sarcodon imbricatus*  
*Sarcodon scabrosus*  
*Sarcodon* sp.  
*Spathularia flavida*  
*Stropharia alcis* (super-slimy, on moose dung!)  
*Strophariaceae* (greenish gills)  
*Suillus luteus* (purple partial veil; Fred Meyers parking lot)  
*Tapinella panuioides*

*Tremella mesenterica*  
*Trichaptum* sp.  
*Tricholoma caligatum*  
*Tricholoma flavovirens*  
*Tricholoma focale?* (farinaceous)  
*Tricholoma populinum*  
*Tricholoma saponaceum*  
*Tricholoma ustalooides* group?  
*Tricholoma vaccinum*  
*Tricholoma* sp. 2  
*Tricholomopsis* sp.  
*Tyromyces chioneus*  
*Xerompelina caucinalis*

192 species identified at least to genus.

Identifiers: Irene Andersson (Sweden), Phil Carpenter, Mark Gillespie, Debbie Viess

Literature used: "Mushrooms of the Pacific Northwest", Trudell and Ammirati  
"North American Boletes", Bessette, Roody and Bessette  
"Milk Mushrooms of North America", Bessette, Harris and Bessette  
"Mushrooms DeMystified", Arora

## Book Review

by David Grubb

### ***Chanterelle Dreams and Amanita Nightmares: The Love, Lore, and Mystique of Mushrooms***

Author: Greg Marley  
ISBN: 9781603582148, Paperback, 288 Pages, \$17.95.  
Publisher: Chelsea Green Publishing, Release Date: August 31, 2010

When I saw the title on an email list somewhere, I had to check it out. A quick search turned up enough information to convince me to order a copy. I have been carrying it around and reading it in short sections whenever I had a few minutes.

This is an excellent introduction to mushrooming, perfect for a beginner, and a good read for anyone. It is like a smorgasbord, with a little on edible mushrooms, a few recipes, a little on poisonous mushrooms, a little on psycho-active mushrooms, a few color photographs, and more. These tasty morsels are garnished with the author's personal experiences as he became a mycophile. This book would make a great gift for any of your friends who express an interest in wild mushrooms.

The book is well-done, with copious end notes, a good index, and extensive suggestions for further reading.

### Author

Greg Marley has a passion for mushrooms that dates to 1971, the year he left his native New Mexico and spent the summer in the verdant woods of central New York. Since then, he has become an avid student and teacher of mycology, as well as a mushroom identification consultant to the Northern New England Poison Control Center and owner of Mushrooms for Health, a company that provides education and products made with Maine medicinal mushrooms. Marley is the author of *Mushrooms for Health: Medical Secrets of Northeastern Fungi*. He lives and mushrooms in Rockland, Maine.



From the **Sporadic Press**,  
Journal of The San Diego Mycological Society  
October 2010 Vol. 15 # 2

<http://www.sdmyco.org/201006Oct.htm>

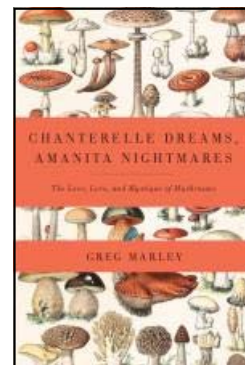
From chelsea GREEN:

Throughout history, people have had a complex and confusing relationship with mushrooms. Are fungi food or medicine, beneficial decomposers or deadly "toadstools" ready to kill anyone foolhardy enough to eat them? In fact, there is truth in all these statements. In *Chanterelle Dreams, Amanita Nightmares*, author Greg Marley reveals some of the wonders and mysteries of mushrooms, and our conflicting human reactions to them.

With tales from around the world, Marley, a seasoned mushroom expert, explains that some cultures are mycophilic (mushroom-loving), like those of Russia and Eastern Europe, while others are intensely mycophobic (mushroom-fearing), including, the US. He shares stories from China, Japan, and Korea—where mushrooms are interwoven into the fabric of daily life as food, medicine, fable, and folklore—and from Slavic countries where whole families leave villages and cities during rainy periods of the late summer and fall and traipse into the forests for mushroom-collecting excursions.

From the famous *Amanita phalloides* (aka "the Death Cap"), reputed killer of Emperor Claudius in the first century AD, to the beloved chanterelle (*cantharellus cibarius*) known by at least eighty-nine different common names in almost twenty-five languages, *Chanterelle Dreams, Amanita Nightmares* explores the ways that mushrooms have shaped societies all over the globe.

This fascinating and fresh look at mushrooms—their natural history, their uses and abuses, their pleasures and dangers—is a splendid introduction to both fungi themselves and to our human fascination with them. From useful descriptions of the most foolproof edible species to revealing stories about hallucinogenic or poisonous, yet often beautiful, fungi, Marley's long and passionate experience will inform and inspire readers with the stories of these dark and mysterious denizens of our forest floor.



<http://snipurl.com/1do25c> [www\_chelseagreen\_com]

I take my dog to The Park with me to forage. Each time we get on the trail I ask him "Sunny, go find us some mushrooms!"

I have a reputation to keep up and use all means possible to keep it. This week I seized my last bit of time off from the grind and headed to The Park hoping to pick all the porcini before you did. I went back to My chanterelle patch for the 4<sup>th</sup> time since August as a warm up. I noticed Sunny rolling in the duff & snorting all around. He came over to me & took a nip out of the chanterelle in my hand. When I finished, he ran along & started sniffing the ground & eating. Oh, I caught a quick glimpse of that familiar orange color & saw he was eating chanterelles! I dove down to the duff, shouldered him away & uncovered a patch. Then again-off he took me to another spot, same thing. He took me to 4 other patches I would have missed with the mushrooms still under the duff!

This weekend I met up with the Olsen's back at The Park, ready to showoff my chanterelle sniffing dog. He wasn't performing like he did the other day or perhaps it was because we ended up in an area full of grass where nothing fungal was happening. While taking a break, we spot the Miller's car zipping by along Hwy 1. They stopped, and as usual Aaron, an ace forager, showed us his grocery bag of chanterelles picked from the other end of the park. Sunny sticks his nose in, grabs a mushroom & chomps away. That wasn't the dog trick I wanted them to see.



Sunny, the Yellow Lab worth his weight in Golden Chanterelles!!!!!!  
Good dog Sunny—good boy!

CLIP & SAVE 

## Hot and Sour Soup recipe:

Note: We substituted dried *Armillaria mellea*, The Honey Mushroom, for the Chinese dried mushrooms and dried *Craterellus cornucopioides*, The Black Trumpet, for the wood ear (big handful of each). As both were dried, we reconstituted and cooked like the Shiitakes. We used the fresh Shiitake (*Lentinula edodes*), cooked first with a little wine, Tamari and sesame oil and it was great. We also used arrowroot instead of cornstarch and did not over thicken the soup. **(Editor)**

### Ingredients

- 1 ounce dried wood ear mushrooms
- 4 dried shiitake mushrooms
- 12 dried tiger lily buds
- 2 cups hot water
- 1/3 ounce bamboo fungus
- 3 tablespoons soy sauce
- 5 tablespoons rice vinegar
- 1/4 cup cornstarch
- 1 (8 ounce) container firm tofu, cut into 1/4 inch strips
- 1 quart vegetable broth
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground white pepper
- 1/2 tablespoon chili oil
- 1/2 tablespoon sesame oil
- 1 green onion, sliced
- 1 cup Chinese dried mushrooms

### Directions

1. In a small bowl, place wood mushrooms, shiitake mushrooms, and lily buds in 1 1/2 cups hot water. Soak 20 minutes, until rehydrated. Drain, reserving liquid. Trim stems from the mushrooms, and cut into thin strips. Cut the lily buds in half.
2. In a separate small bowl, soak bamboo fungus in 1/4 cup lightly salted hot water. Soak about 20 minutes, until rehydrated. Drain, and mince.
3. In a third small bowl, blend soy sauce, rice vinegar, and 1 tablespoon cornstarch. Place 1/2 the tofu strips into the mixture.
4. In a medium saucepan, mix the reserved mushroom and lily bud liquid with the vegetable broth. Bring to a boil, and stir in the wood mushrooms, shiitake mushrooms, and lily buds. Reduce heat, and simmer 3 to 5 minutes. Season with red pepper, black pepper, and white pepper.
5. In a small bowl, mix remaining cornstarch and remaining water. Stir into the broth mixture until thickened.
6. Mix soy sauce mixture and remaining tofu strips into the saucepan. Return to boil, and stir in the bamboo fungus, chili oil, and sesame oil. Garnish with green onion to serve.



## SOMA Membership Application and Renewal Form

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), Corporation dedicated to the promotion of the knowledge and appreciation of local fungi.



(Please Print)  New Member  Renewal  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone(s): Home: \_\_\_\_\_ Cell: \_\_\_\_\_  
E-mail: \_\_\_\_\_

I am interested in participating in the following activities (Check):

Culinary Group \_\_\_\_\_ Mushroom Forays \_\_\_\_\_ Cultivation \_\_\_\_\_  
Mushroom Dyes \_\_\_\_\_ Mushroom Papermaking \_\_\_\_\_ Newsletter \_\_\_\_\_

Other ideas/comments: \_\_\_\_\_

SOMA will not share your info!

Date: \_\_\_\_\_

- \$25 for family membership (mailed SOMA News, plus website download if desired)
- \$20 for family membership who do not require a mailed newsletter (**website download only**)
- \$20 for seniors with mailed newsletter (60 years +) (plus website download if desired)
- \$20 for seniors—**website download only**, (help SOMA and the environment out!)
- \$250 for **Lifetime Membership** with website download!

Checks to: **SOMA**  
P.O. Box 7147  
Santa Rosa, CA 95407

[www.SOMAmushrooms.org](http://www.SOMAmushrooms.org)

**YOU CAN NOW RENEW/JOIN ONLINE AT THE WEBSITE!**

## ANNOUNCEMENTS

### Mendocino County Wine & Mushroom Fest.

Nov. 5th—14th

Ukiah is presenting events related to education about wild mushrooms. **Taylor Lockwood** and **Paul Stamets** are two featured speakers. Info:

<http://snipurl.com/1cujs6> [www\_visitmendocino\_com]  
<http://snipurl.com/1cuja0> [www\_visitmendocino\_com] (Stamets)

Let your members know about this year's **MSSF Mendocino Camp/Foray**. **Nov. 12th—14th**. We have **David Arora** speaking Saturday 13 Nov. & **Steve Trudell** from Seattle speaks on Friday. We have lots of classes and forays with great food. Huge raffle, cooking demos, basket making and dyeing, paper making, felting mushroom ornaments, cultivation, and forays. We are cutting it off at 150. Check out our website for more info: <http://www.mssf.org/mendo/index.html>

### David Arora's Thanksgiving Weekend Mendocino Mushroom Foray

November 26-28

Join **David Arora** and special guests **William Rubel** (chef and culinary historian, author of "The Magic of Fire") and **Langdon Cook** (author of "Fat of the Land: Adventures of a 21st Century Forager") for a 3-day weekend of mushroom foraging, identification, discussion, lectures, stories and feasts. All levels of experience welcome. For details see:

<http://www.davidarora.com/events.html>

The American Truffle Company Introduces the Inaugural Napa Truffle Festival Presented By Lexus  
black truffles, cultivation and culinary programs, leading truffle scientists, Michelin Star chefs, fabulous food and wine pairings, a truffle orchard excursion, epicurean market and more...

December 10–12, 2010

<http://www.napatrufflefestival.com/>

I am the program coordinator for Point Reyes Field Seminars. We are the primary non-profit support for the Point Reyes National Seashore. We offer classes that promote enjoyment, understanding and stewardship of the natural world. We have a Mushroom Camp Foray being offered on **December 11-12** with **David Campbell** and more being scheduled for January.

<http://snipurl.com/1d2y49> [www\_ptreyes\_org]

**Deadline for the December 2010 issue  
of SOMA News is November 21<sup>st</sup>.**

**Please send your articles, calendar  
items, and other information to:**

[SOMAnewseditor@SOMAmushrooms.org](mailto:SOMAnewseditor@SOMAmushrooms.org)

## SOMA Camp January 15th—17th

### All California Club Foray

Albion, California | January 28–30, 2011

Join mushroomers from all over the state for the fourth biannual All California Club Foray, to be held at the recently-renovated Albion Field Station. **Oluna Ceska**, our foray mycologist, will give the featured talk on Saturday night: "Little Brown Mushrooms Demystified." We will collect fungi in the fabulous Jackson State Forest, near Mendocino.

The cost is \$175 per person. All meals Friday dinner through Sunday breakfast are included. **Pre-registration is required.** Contact **Debbie Viess** for more information:

[amanitarita@yahoo.com](mailto:amanitarita@yahoo.com) or 510-430-9353. To learn more about this foray, visit:

[http://bayareamushrooms.org/forays/accf\\_2011.html](http://bayareamushrooms.org/forays/accf_2011.html)

### Los Angeles Wild Mushroom Fair

February 12-13, 2011 (Saturday-Sunday)

<http://www.lamushrooms.org/calendar.html>

Ayres Hall

The Los Angeles County Arboretum & Botanic Garden in Arcadia (301 North Baldwin Ave., Arcadia)

Featuring Wild Mushrooms in natural habitat displays, mushroom collecting forays, mushroom cultivation and cooking demonstrations, illustrated presentations and mushroom-themed vendors.

## SOMA News

P.O. Box 7147  
Santa Rosa, CA 95407

SOMA  
DIVINE MUSHROOM  
OF IMMORTALITY  
R. Gordon Wasson



### SOMA Members

The November Issue of  
**SOMA News** has arrived!

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

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 Ave.
- Turn left on Piner Road.
- At about ¼ 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, Hopper Ave/Mendocino Ave.
- Stay left on the frontage road, (it becomes Cleveland Ave after you cross Industrial Drive).
- Turn right on Piner Road.
- At about ¼ mile, turn left into parking lot at 970 Piner Road.

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

