

# Among Fungi

Cascade Mycological Society Newsletter

October 2007 Vol. 8 Issue 4

## IT'S FESTIVAL SEASON

### Mt. Pisgah Mushroom Show

Contrary to last month's Newsletter, this year's festival will take place on **October 28, 2007**. The mushrooms have started popping early so we expect another fabulous year in the beautiful new White Oak Pavilion.

Plans are already in the making and as always, **volunteers are needed** for collecting (drop off specimens at the Pavilion on Sat. 10/27 between 10:30 am & 1:30 pm), and set up (Sat. 10/27 between 9:00 am & 2:00 pm). You can get more info on volunteer opportunities from: [webmaster@cascademyco.org](mailto:webmaster@cascademyco.org). See our web site for more information and the foray schedule below for collecting opportunities for the show.

### YACHATS VILLAGE MUSHROOM FEST

In Yachats, on the Central Oregon Coast. It begins Friday October 19 with the Village Fungi Feast. Reservations 547-3530 or 1-800-929-0477. E-mail: [info@yachats.org](mailto:info@yachats.org).

It continues on Saturday and Sunday at the Yachats Commons, Cape Perpetua visitor center and restaurants and business around the village. There are guided walks, slides shows, mushroom markets, arts, wine tasting, and more. Check out [www.yachats.org](http://www.yachats.org) for more info.

### Third Annual Oregon Truffle Festival

(Ok, it's not until January but it is a Festival)

**What:** The Third Annual Oregon Truffle Festival: A range of culinary events, educational workshops, truffle forays and gourmet shopping opportunities over three days.

**When:** January 25, 26 & 27, 2008

**Where:** Multiple Willamette Valley locations in or near Eugene, Oregon.

**How:** Advance registration required.

**Cosponsored by:** Cascade Mycological Society.

For the full schedule of events and to register, visit the Oregon Truffle Festival website at: [www.oregontrufflefestival.com](http://www.oregontrufflefestival.com) or call: 503-296-5929.

Oregonians have the tremendous good fortune to live in one of the few great truffle-producing regions of the world. And like all such regions, it is also a paradise of artisan foods. The Oregon Truffle Festival celebrates the native truffle and our Northwest cuisine offering an educational experience unique to North America. In only its third year, it has attracted an impressive cast of chefs, speakers and presenters from around the world for a weekend of events. This year's highlights include:

Friday evening multi-course prix fixe **Truffle Dinners** at three of the finest local restaurants.

**Keynote presentation** and book signing by Dr. Ian Hall of New Zealand and Dr. Alessandra Zambonelli of Italy, authors of *Taming the Truffle*.

Expanded **Truffle Growers' Forum** including a Truffiere tour and Winery lunch, as well as additional speakers and resource roundtables. This is the only opportunity for North American truffle farmers to meet and learn from each other.

**Grand Truffle Dinner** featuring James Beard Award winners Caprial Pence of Caprial's Bistro in Portland and John Sundstrom of Lark in Seattle, guest chef Cathy Whims of Portland's Nostrana, with Stephanie Pearl Kimmel and Executive Chef Rocky Maselli of March Restaurant as hosts.

Sunday's **Oregon Truffle Marketplace** features specialty vendors offering organic and artisan wines, cheeses, meats, and of course, Oregon truffles. This day long, open to the public marketplace, includes truffle and wine tastings, vendor sampling and a lecture series on the biology, ecology and history of truffles.

## Sulfur Shelves

By Dave Thomas (CMS Board member)

This year's MPA Mushroom Festival poster depicts a familiar edible fungus in our area, the Sulfur Shelf, also called Chicken of the Woods (or sometimes chicken fungus or chicken mushroom). This mushroom, as a genus (Latin name *Laetiporus* sp.), is found world wide. In Oregon two species are present, *L. gilbertsonii* and *L. conifericola*. While these distinctions have some interests for mycologists (those who study fungi), the two species are very similar in form, color, habitat and taste. Some people describe its taste as similar to lemony chicken. However, the author notes that everything from sauteed alligator tails to fried termites has been described as tasting like chicken, make up your own mind!

Sulfur Shelves are conspicuous and found either growing alone or in large clusters (up to 100 lbs. have been reported) attached to decaying logs, stumps or mature trees in the summer and fall, rarely in winter or spring. *L. gilbertsonii* grows on oaks or the introduced eucalyptus. *L. conifericola*, as the name implies, is found on a broad range of conifers. Once identified, it's worth remembering that the mushroom will likely reoccur in later years; so remember where you found it. The mushroom can be 2" to 10" across and has a sulfur yellow body with orange on the top. Younger mushrooms are moist, soft when young, becoming tough and crumbly with age.

While the sulfur shelf is considered edible, many individuals show allergic reactions on eating it. Therefore, for those who haven't been previous exposed, consider the following guidelines: (check the CMS website [[cascademyco.org](http://cascademyco.org)] for a more detailed guide on eating unfamiliar mushrooms.)

\* Eat only young mushrooms (there is some evidence that older mushrooms may be more likely to cause a reaction - regardless, younger specimens will taste better).

\* Always cook the sulfur shelf first and avoid ingesting raw sulfur shelves.

\* For an initial exposure, ingest only a small amount. (1 tablespoon. Ed.)

\* There have been observations that sulfur shelves growing on none conifers (e.g., eucalyptus trees) may be more likely to cause undesirable reactions, so it is recommended that only those harvested from conifers be eaten.

The sulfur shelf belongs to the Saprophytic group of fungi which grow on dead or decaying organic matter. The genus *Laetiporus* fungi are primarily responsible for reducing the organic matter (primarily cellulose and lignin) from dead and decaying trees. These products, as inorganic molecules then re-enter the metabolic pathways of other organisms. Without this activity, the continuous biogeochemical cycles sustaining life on earth would cease and, without saprotrophs, natural communities would become clogged with the litter of dead and dying organisms.

(Reprinted from the Tree Times, MPA Newsletter)

### Field Guide to North American Truffles: Hunting, Identifying, and Enjoying the World's Most Prized Fungi

by Matt Trappe, James Trappe, and Frank Evans. Format: paper. Size: 4 x 7 inches. Pages: 144 Illustration: Full-color photographs. ISBN-13: 9781580088626 ISBN-10: 1580088627

Publication Date: October/2007. Publisher: Ten Speed Press.

**Summary:** The second most expensive food in the world after saffron, truffles are treasured, coveted, and savored for their mysterious and exotic flavor. This complete field guide shows chefs and fungi aficionados how to forage for and identify the wide variety of truffles that grow in temperate forests throughout North America. Written by expert horticulturalists who have studied, classified, and enjoyed truffles for decades, the FIELD GUIDE TO NORTH AMERICAN TRUFFLES makes these celebrated underground jewels accessible to all. The first full-color illustrated guide to identifying North American truffles by their key features, including profiles of more than 80 species of truffles. Includes more than 80 photographs of rare and hard-to-find truffle species. Features flavor profiles, delectability index, and culinary tips for each species. Perfect size for carrying in a pocket or daypack.

## Foray Schedule:

**Oct. 21 (Sun.):** This foray will be lead by Bruce Newhouse and Peg Boulay. Founding members of CMS, who know their mushrooms and where to find them. The destination has yet to be finalized so check the web site for updates. Bruce and Peg will be focusing on collecting for the show but everyone is welcome to fill their baskets for their table or donate some for the show. Meet at 8:45, South Eugene parking lot (NE corner).

**Oct. 26<sup>th</sup> (Fri.):** This foray will be lead by Anna Moore, a long time CMS member. This foray is on the coast, where Anna lives. Please note, this foray is on a Friday. And, unlike the usual forays we will meet at 10:30 in Florence. Please see the web site for more details about where to meet.

**Nov. 3<sup>rd</sup> (Sat.):** Molly Widmer leads a foray at Mt. Pisgah. 12 - 2. See the web site for details.

**Nov. 8<sup>th</sup> (Thur.):** This foray, lead by Ron Exeter of the Salem District BLM, is in conjunction with Ron's presentation at our monthly general meeting. (See speaker article.)

The foray will meet at the Hwy 99W and Alpine junction @ 12:30pm. This junction is just south of mile marker 99 and north of the town of Monroe. There is a large gravel parking area on the west side of the RR tracks. Beware there are two "cutoff" roads from Hwy 99W to Alpine. The "cutoff" road we are meeting on is the northern most one. At 12:45 we will head toward the Alsea Falls area and collect until approximately 4pm and return to Eugene.

Ron will be available for a Ramaria identification workshop at Lane Community College Building 16, room 115, starting at approximately 5:30 until 6:45. We hope to examine specimens collected during the foray. Microscopes and lab tools will be available.



## Speaker Schedule:

CMS holds general meetings on the second Thursday of the month at **7:30** at Lane Community College, building 16, room 115. (See our website for directions: [www.cascademycology.org](http://www.cascademycology.org)) These meetings are open to CMS members and the public. The meetings usually start with a brief sharing of news about coming CMS activities, such as forays or other mycologically significant events, reports of recent finds and maybe a little show and tell (or identify). This is followed by a featured presentation or talk on a mycological related subject. Meetings generally last until about 9:30.

This month's (**Nov. 8**) speaker, is **Ron Exeter**. He will present a powerpoint program on the identification of the Ramaria of western Oregon and point out the important diagnostic features of each species. If you have any Ramaria specimens to share, please bring them to the meeting.

## La 1<sup>st</sup> Conferencia Mundial sobre Conservación y Uso Sostenible de Hongos.

What is being billed as the First World Conference on the Conservation and Sustainable use of mushrooms takes place this December (07), the 10<sup>th</sup> thru the 16<sup>th</sup> in Cordoba, Spain.

Several Oregon scientist will be presenting at what looks like a high level scientific conference. Check out the web site, you can read it in English:

<http://www.worldfungi07.es>

Scholarships are available, but they only cover the conference and not transportation and other costs.

## The Cascade Mycological Society and the fall Mushroom Festival, Mt. Pisgah Arboretum

Dave Thomas (with thanks to Molly Widmer).

How does the Cascade Mycological Society (CMS) fit in with the fall Mushroom Festival at Mt. Pisgah Arboretum (MPA)? Well, CMS is a 501c3 educational non-profit organization incorporated in 1999 to study fungi; to educate members and the public about fungal identification and ecology; to promote conservation of fungi; to promote safety in the gathering and consumption of edible fungi; and to HAVE FUN!

Membership is open to all and includes neophytes, enthusiastic (if not obsessed) amateurs and professional mycologists. CMS's annual participation in the fall Mushroom Festival at Mt. Pisgah Arboretum satisfies all of these goals!

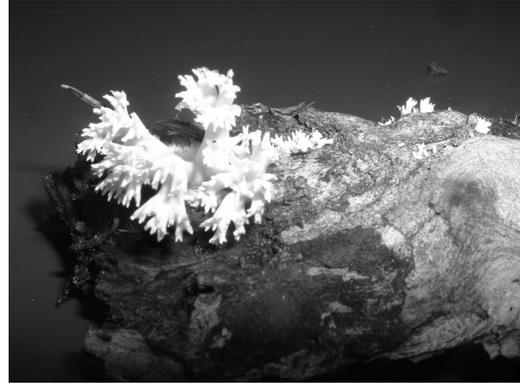
CMS history is intricately tied in with that of the Mt. Pisgah Arboretum as well as Lane Community College (LCC). The three community organizations have connecting threads just like the mycelial strands that tie together mushrooms and their habitats.

Freeman Rowe and Marcia Peeters were early originators and the incredible energy behind Mt. Pisgah Arboretum's annual fall fundraising event, the MPA Mushroom Festival. They still grace the Mushroom Festival with their huge talent and dedication, providing critical organizational and identification skills that keep the mushroom display one of the best around.

You are invited to bring your mystery fungi to the Identification Table at the show; and whether or not you bring specimens, don't forget to pop in and say hi to these fine fungal celebrities!

But what is the Lane Community College connection? Freeman Rowe taught botany at LCC for many years, and also originated the incredibly popular Biology of Mushrooms class, which he taught until his retirement in 1996. The class remains popular, and today is taught by Marcia Peeters, one of Eugene's best field mycologists, one of Freeman's most talented students, and for many years the fearless bus driver for the LCC mushroom class weekend fieldtrips.

Cascade Mycological Society grew like a beautiful wild mushroom from the fertile mycelium



of the LCC class and the MPA Mushroom Festival. CMS was originally developed and incorporated primarily by enthusiastic students of Freeman Rowe's at LCC, and today many CMS members are past or present students of the Biology of Mushrooms class - more than a few of them repeat enrollees!

The MPA Mushroom Festival is today still supported by LCC, especially participants of the Biology of Mushrooms class. Together with members of CMS and many volunteers from the community at large, students have historically provided critical volunteer labor for collecting and setting up one of the largest fungal displays on the west coast, with named species numbering in the several hundreds each year. Volunteers for the show contribute hundreds of hours each year, to collect, identify, and display these ephemeral marvels of nature, beauty, and intrigue.

CMS is pleased to help MPA organize this important fundraiser.



Visit us at: [www.cascademyco.org](http://www.cascademyco.org)

## More About CMS:

CMS holds meetings (see speaker schedule above) covering all things mycological; accessible reviews of current academic research, information for the mushroom forager and on to demonstrations of cooking some of our delicious local mushrooms. Forays for mushroom gathering are scheduled throughout the year. These events provide the opportunity to locate, identify and (SAFELY) harvest mushrooms under the guidance of local mushrooms experts and to learn more about the place of fungi in forest ecosystems. And, beyond the mushrooms, these forays provide an opportunity to spend a pleasant day in a natural community with some very knowledgeable, friendly and helpful people.

## The newest member of CMS:



**Sylvia Allen Johnson** joined CMS on September 12, 2007 (7:17 p.m.). She signed on at a preliminary weight of 8 pounds, 1.2 ounces. Sylvie, as she is known to her friends, is the daughter of long time CMS'ers and Board members, Meredith Allen and Matthew Johnson. She says she looks forward to her first CMS foray soon. The proud parents claims she can already say "sp." We hope she can volunteer at the ID table at the Pisgah show. See you at the show!

**Welcome Sylvia!**

CMS Board meetings are generally held on the first Thursday of the month in the home of a Board member. Call Chris Melotti (746-7548) to learn the time and place for meetings.

### Officers:

President: Dean Johnston  
 Vice President: Michele Pak  
 Secretary: Matthew Johnson  
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Meredith Allen  
 Grace Pugh  
 Seth Miller  
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Newsletter editor: Matthew Johnson

Foray Coordinator: Grace Pugh

Website: Seth Miller

Membership Chair: Cheshire Mayrsohn

This is the newsletter of Cascade Mycological Society. It is published four or five times a year, on a mycologically oriented schedule so expect them in late summer, fall, winter and spring.

PLEASE send articles, poems, drawings, announcements and corrections to Matthew Johnson at [intrepids2003@yahoo.com](mailto:intrepids2003@yahoo.com)

CMS is a non-profit under 501(c)(3). Donations are tax deductible to the fullest extent allowed under the law.

## MEMBERSHIP

If you have any questions about your membership, contact Cheshire Mayrsohn at [cheshire@efn.org](mailto:cheshire@efn.org) or 689-8189.

Don't forget to check out our website: [cascademyco.org](http://cascademyco.org). And log on to the FORUM to find out what's the latest on who's finding what and where.



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- Oyster (Senior/Student/low income)      \$ 10**
- Chanterelle (Regular)                              \$ 15**
- Morel (Family)                                              \$ 30**
- King (or Queen) Bolete (Sustaining)      \$ 50**
- Horn of Plenty (Life)                                  \$ 300**
- Matsutake (Business/Agency)              \$ 100**

Please make checks out to the Cascade Mycological Society. Thank you!

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ zip \_\_\_\_\_

E- Mail \_\_\_\_\_

Phone \_\_\_\_\_

Is this a renewal? \_\_\_\_\_ (thanks) new membership? \_\_\_\_\_ (welcome!)

Change of address? \_\_\_\_\_