

# earthstar examiner

August 2003

*Newsletter of the Missouri Mycological Society*



2003 Mingo  
Registration is  
due! See story  
on page 4

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*photos by Julie McWilliams and Jeff Till*



## Shiitake Weekend at the Hellmuth Farm

*by Gene Leonard*

**T**hirty of our fellow mushroom-heads more or less, depending on whether you count the host Hellmuth-MacPherson family, gathered on the banks of crystal-clear Sinking Creek over the Memorial Day weekend for fantastic food, fine fellowship, and a hands-on look at the State's largest organic shiitake farm. There

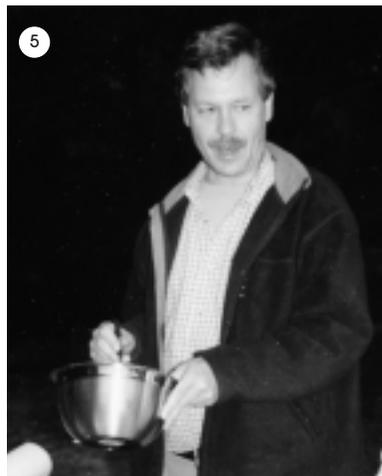


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# Hellmuth Farm Weekend

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were mushrooms aplenty, owing to generous spring rains in the area, and on the grill, the log-grown shiitakes were supplemented by a tender and succulent chicken of the woods found on the property by Nikki & Dan's daughter, Charlotte. A very "foodie" group (including some neat & hungry kids) feasted on a wide variety of delicious fare, some of which was prepared by our very own Executive Chef-in-Residence (Christopher Lee of Kirk's American Bistro). As in Camelot, it rained only at night; and the similarity did not end there, as this pristine Ozark paradise has got to be one of the most beautiful spots around. Our thanks go to Nicola MacPherson & Dan Hellmuth for their generous hospitality and an enjoyable educational experience.



*cover: the summer kitchen and bathhouse at Hellmuth's inset: Andrew brings wood for the fire*

1. David prepares a beet salad for the potluck dinner
2. The group compares shiitake baskets
3. Enjoying the fire on a wonderfully cool morning
4. Gary fires up the grill for the barbecue
5. Our host Dan marinates shiitakes for the grill
6. Olga shows Catherine a turtle
7. Gene relaxes with a glass of wine after coordinating this marvelous weekend. Thanks Geno!

# morsels news & notes

by Maxine Stone and  
Charlie Raiser

## *Mushroom, The Journal of Wild Mushrooming*

I hope all of you subscribe to the magazine of this name. It is packed with wonderful articles and provides information of value to those who like to hunt, name, cook, study and photograph wild mushrooms. If you would like a sample copy, let me know as I have some. If you want to subscribe, send \$19 to Leon Shernoff, 1511 E 54th Street, Chicago, IL 60615 – MS

## MOMS Chapters

MOMS is the beginning stages of looking into having regional chapters. If you live in an area not near St. Louis and are interested in having a MOMS Chapter near you, please call or e-mail me. Regional chapters would enable local areas to have their own forays, events, classes. We want

to do this only if there is interest from YOU! Please communicate with me at 314-963-0280 or VeryMaxine@aol.com. Thanks! – MS

## Field Guide

The ad hoc committee formed in January to investigate publication of a field guide to Missouri mushrooms has continued its work through the spring, completing in May a “conspectus,” or concise description of the organization and content of the book. In June the committee reviewed the conspectus with a representative of the Missouri Department of Conservation, and learned that the Department has considerable interest in publishing such a book.

The group – Brad Bomanz, Don Dill, Karen Lowery, Charlie Raiser, and Maxine Stone – is now in the process of compiling an inventory of photographs suitable for the book. If you have “mycophotography” that you would like to see

published, contact Charlie Raiser (craiser@missourimycologicalsociety.org)

Charlie will also e-mail copies of the conspectus to members interested in reading it. – CR

## Common Names Win Approval

After intense discussion at the January meeting, MOMS members voted to include common names in species lists in the *Earthstar Examiner* and on the website. Members submitting lists will be expected to place them in alphabetical order by genus, and to include the common names when applicable, with *Lincoff's Audubon Guide to North American Mushrooms* being the accepted authority.

Debate on this proposal focused on the benefits of reaching a broader audience (by including common names) as opposed the drawback of causing confusion (when common names are inconsistent). Members apparently believed either that broader was good or that some inconsistency was acceptable, as there were only two dissenting votes. – CR

## Next *Earthstar* Issue

The deadline for the December issue of the *Earthstar* will be November 1. Anyone who wishes to submit should e-mail MOMSearchstar@aol.com, subject matter: *Earthstar* story. Thanks!

–Julie McWilliams, editor

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David Yates, *Treasurer*

Don Dill, Elaine Fix, Barbara O'Brien,  
Shannon Stevens, Joe Walsh, Gordon White

### Committee Chairs:

*Book Sales:* Chuck Yates

*Chief Mycologist:* Walt Sundberg

*Education:* Don Dill

*Foray Coordinator:* Gordon White

*Incredible Epicureans:* Diana & Craig Brewer

*Membership:* David Yates

*Research:* B. Bomanz

*Toxicology:* Don Dill, Ken Gilberg

*Webmaster:* Linda Mueller

# upcoming

## Fall Foray:

September 18 - 23, 2003



The dates are set; the plans are complete. MOMS members will foray in and around Mingo National Wildlife Refuge near Poplar Bluff from Thursday, September 18 through Sunday, September 21. It should be another great event featuring fungi, food, and friendship!

MOMS has again invited several noted mycologists to participate in our foray as teachers and guides. We are happy to report that seven have honored us by accepting our invitation: Dr. Johann Bruhn (University of Missouri), Dr. Robert Gessner (Western Illinois University), Dr. Roseanne Healy (Iowa State University), Jay Justice (President of the Arkansas Mycological Society), Dr. Andrew Methven (Eastern Illinois University), Leon Shernoff (editor of *Mushroom: The Journal of Wild Mushrooming*) and Dr. Walter Sundberg (Southern Illinois University, Carbondale).

We will foray from the ideal accommodations of Girl Scout Camp Latonka. The camp has a large din-



*The Mingo Foray provides an opportunity for both beginners and those with years of experience in mycology to work together to find and classify specimens.*

### Mingo Registration Form

September 18 through 23, 2002

The registration fee to attend Mingo is \$40 for members, \$50 for non-members, \$25 for students, \$20 for children five and younger. This fee includes five wonderful meals, prepared by some of MOMS gourmet cooks: Friday breakfast, Saturday breakfast & supper, and Sunday breakfast & lunch. Friday supper is potluck.

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

Address \_\_\_\_\_

Phone (day/evening) \_\_\_\_\_

e-mail \_\_\_\_\_

#### Reservations for Lodging:

Screened cabin with cots and mattresses, but no bedding

\$6.00 per night per person. Circle number of people: 1 2 3 4

\_\_\_ Thursday \_\_\_ Friday \_\_\_ Saturday Cost for lodging: \_\_\_\_\_

#### R.V. or tent site

\$3.00 per night per person Circle number of people: 1 2 3 4

\_\_\_ Thursday \_\_\_ Friday \_\_\_ Saturday Cost for lodging: \_\_\_\_\_

Registration fees: Circle number of people: 1 2 3 4 Total : \_\_\_\_\_

Grand total registration and per night fees enclosed: \_\_\_\_\_

I would like to be in a cabin with \_\_\_\_\_

The success of the Mingo Foray depends on volunteer effort. Please indicate how you will be able to help:

Friday: dinner, clean-up \_\_\_\_\_

Saturday: breakfast, prep & clean-up \_\_\_\_\_ dinner, prep & clean-up \_\_\_\_\_

Sunday breakfast, prep and clean-up \_\_\_\_\_

Sunday clean-up: Display Room \_\_\_ Dining Room \_\_\_ Bath House \_\_\_ Cabins \_\_\_\_\_

I am a vegetarian \_\_\_\_\_

It is extremely useful in planning for the weekend to know how many will be attending! Please register as soon as your plans are complete. Clip or copy this form and send it with your check made payable to MOMS to: Julie Cole, 1425 Marsh Ave, Ellisville, MO 63011

Should you have any questions about the event, please contact: Charlie Raiser, CharlieRaiser@aol.com (314) 821-6768 or Maxine Stone, VeryMaxine@aol.com, (314) 963-0280

# Mingo National Wildlife Refuge

ing/lecture hall with an attached activity room that we will use for mushroom display tables. The kitchen is ample and well equipped. Screened cabins with cots are available, as are sites for RVs or tents, all conveniently close to both the men's and the women's bathhouses. The camp is located on the shore of Lake Wappapello, just off Highway D, about 120 miles from Saint Louis.

Arrivals at Latonka will begin on Thursday, when we'll set up camp, get the display tables arranged, and relax. On Friday morning MOMS will provide a light breakfast and over coffee we'll decide what our activities for the day should be. (Last year, we visited Big Spring and a couple of other lovely Conservation Department sites in the area.) Forayers arriving on Friday afternoon will join the early arrivals for a potluck dinner that evening. Those of you who have enjoyed this dinner at previous Mingo forays know that it will be memorable. Please bring an appetite and a dish to share.

Friday evening our mycology program will commence with talks about truffles from Dr. Johann Bruhn and Dr. Roseanne Healy. There is much to learn about this highly evolved group of fungi that include the famous Perigord truffle and the white truffle of Alba, Italy that can fetch prices of \$2,000 per pound. Can we cultivate Perigord truffles in Missouri? Will we find truffles on our Saturday forays to Mingo? Can we learn how, where, and when to hunt for truffles?

On Saturday morning, after an early breakfast (provided), we'll divide into

foray groups; hear foray guidelines from group leaders, and head to Mingo for some serious mushroom collecting. Again this year, we'll be allowed in parts of the refuge not open to the public. Lunch will be in the field, and will not be provided. Bring-your-own sack lunches at Morel Madness were a great success, and we mean to repeat that success at Mingo. Foray groups will collect again after lunch, then return to camp with light hearts and heavy baskets. Back at Latonka, we'll have time to visit with mycologists and identify specimens before the dinner that will be prepared under the direction of Craig Brewer and Diana Garland. Following dinner we will hear from Leon Shernoff, topic yet undecided but sure go be interesting and entertaining, after which we will have more mycology, hands-on more mycology, hands-on, in smaller groups, looking at the fungi we'll have collected. Beginners and advanced alike will appreciate the lessons of our mycologists. Perhaps we'll enjoy a campfire later in the evening.

The Sunday schedule will be a bit more relaxed. MOMS will provide breakfast. After, there will be time for informal talks with mycologists in the collection area. At 10 a.m., Ken Gilberg will conduct a mushroom cookery workshop. Enrollment is limited to 15. We'll enjoy the products of the workshop's efforts around noon, tasting delectable mushroom treats and yummy leftovers from the weekend. Then it will be time for us to clean up, pack up, and depart, with happy memories but wishes that

Mingo lasted just one more day.

Please, please, please! Don't make us wonder how many are coming and how many we'll have for dinner! Complete the Mingo Registration Form from this issue of the Earthstar Examiner (or get it off the website) and mail it as directed to Julie Cole. Note that the registration fee is a mere \$40.00. That covers five delicious meals: Friday breakfast for early birds, Saturday breakfast and dinner, and Sunday breakfast and lunch. And you'll get a great t-shirt at no additional cost! How can we provide such a great experience at such a modest price? Because we rely on volunteers! Indicate how you would like to help on the registration form or expect to be assigned duties when you arrive at camp.

Decide now to attend, send in your registration, and get ready for a great weekend! See you at Mingo!

## Directions/Accommodations

Lodging at Girl Scout Camp Latonka on Lake Wappapello includes camping/RVing at \$3 per person per night and screened cabins at \$6 per person per night. It's a short walk to the men's or women's bathhouses. For those who eschew the rustic life, motels are available nearby. After you send in your registration form to Julie, a packet of information, including a map with directions to Camp Latonka, will be sent to you. If you should need any other information, please contact information, contact Charlie Raiser (314) 821-6768, or [CharlieRaiser@aol.com](mailto:CharlieRaiser@aol.com) or Maxine Stone (314) 963-0280, or [VeryMaxine@aol.com](mailto:VeryMaxine@aol.com).

# Journal

## Michigan Madness

by Joe and Lois Walsh

For several years we had been hearing that Michigan is the place to go for morels, and had been wanting to hunt there for a long time. This year, we finally got it together.

On our way up to Michigan, we were “chased” by at least two tornadoes in central Illinois. The radio announcer warned that one was on I-70, directly behind us, and advised motorists to get out of their cars and into a ditch immediately. That idea didn’t exactly appeal to us. In the rearview mirror we could see only pitch darkness at 3:30 in the afternoon. We took a handy exit into Mulberry Grove, where we sat sipping coffee and talking to local farmers at a diner, as the storm moved past us just to the south. It was too close for comfort!

*May 10-12, 2003.* After seeing the marvelous Dead Sea Scroll exhibit in Grand Rapids, and taking in part of the Tulip Festival in Holland, we arrived for three days of morelling in the Manistee National Forest, of west-central Michigan.

It was like going back in time, almost a month, to experience spring all over again for a second time in one season. The redbuds and serviceberries were in full bloom, and dogwood was just beginning to bloom in the “green flower” stage. Tulips, daffodils, lilacs and Bradford pears were in their full glory. The trees were just barely greening up.

The forest was an interesting mixture of oak, aspen, birch, red pine, and ash. The floor was covered with blooming Dutchmen’s breeches, squirrel corn, yellow trout lily, and two kinds of trillium. Rose-breasted grosbeaks, hermit thrushes and white-throated sparrows were singing in the tree tops, and I



flushed a woodcock that I had almost stepped on.

*Saturday, May 10.* Warm and sunny. There had been little rain, and the woodland seemed very dry. Locals we talked to advised us that the blacks (*M. angusticeps*) were up in numbers, but that we were a week too early for the “yellows” and “whites” (*M. esculenta* and *M. deliciosa*). We found some *Gyromitra esculenta*, but no morels at all that day.

Restaurants we visited were buzzing with conversations about morels and crappie fishing. The locals were friendly, but, strangely, not at all helpful concerning just exactly WHERE to hunt morels.

*May 11 and 12.* Very unpleasant days to be in the woods. It was 40 degrees, very cold rain was falling, and winds gusting up to 45 mph moaned through the tree tops. A little rain never stopped dedicated mushroomers, so we tried our luck on the slopes of Caberfae Peaks near Cadillac. We were rewarded by a nice mess of fresh blacks and one classic *Verpa bohemica*.

Lois heard a “crack” and a heavy thud just behind her! Turning, she saw

a huge dead tree crashing to the ground 15 ft. away where she had just been standing, 15 seconds earlier! That was the second time in her life that a huge falling dead tree just missed her! You’d think we would learn to stay out of the woods on very windy days, or least not to be downwind from big, dead trees! Lois found a cluster of seven tiny white morels (*M. deliciosa*) at the base of an ash tree. They were less than an inch high, and so tiny she did not pick them. I found a one-inch white with a tiny twin morel budding from the base of it. That morel was only 1/4 inch high. It was the tiniest morel I have ever found in the wild. Lois said I could count it as only “half” a morel!

*May 12.* Equally grim, but we returned to a spot near White Cloud where we had hunted on May 10. I had found a promising plateau atop a ridge in a grove of aspens and oaks. To our delight, we picked 38 beautiful blacks in about 20 minutes. Lois found the most beautiful morel. It was a perfect cone 7 inches tall, and it weighed exactly one ounce, which is large for a black morel.

We had time for only a brief visit to the annual Morel Festival at Mesik. It has become a commercial excuse for a big carnival with rides, booths, and even a mud-rally for 4-wheel drives. I hope our Madness never evolves into something like that! Vendors were selling fresh blacks at \$20/lb. (approximately 50-60 small to medium sized mushrooms).

We learned much about the Michigan morel season, and plan to return there soon. Next time, we will be much better prepared.

# Update

## Recent Forays

### Greensfelder foray

by Claudia Joyce

The smell of apple pie with its buttery cinnamon and lardy crust is as distinctive and reminiscent as the smell of crunchy brown leaves in the fall. There are some aromas as defining and memorable as events.

Hopping out of my car at the Greensfelder foray, one of those defining moments was present. Two dozen stinkhorns in various degrees of decomposition, were sending a putrefied specialness to coat the summer breeze. The clouds were thick, riding low above the wind. Cool moist air from the previous night's rain created a perfect foray day.

Linda, Julie and George combed the forest floor. We all sniffed the chanterelles. We longed for their appearance on the moss beds. We beckoned them with their fate in each of our hands. I would mix them with apricots. Julie wanted to present them to eggplant or chocolate, something exotic and unpredictable. Linda wanted to compare them to the ones she found when she lived in the Northwest, testing the nuances of ones pulled from the oakly floor of the Ozarks.

The summer wild flowers gave us identification challenges. There were no bugs or sweat. The aromatic sumac was fruiting. There was some new wood ear on felled oak. We all took some for the pot.

Many of the mushrooms were melted or pummeled beyond recognition by the rain. Some were lost from our baskets onto the forest floor by design or accident.

*Armillaria tabescens* ringless honey mushroom

*Auricularia auricularia* wood ear

*Mutinus elegans* elegant stinkhorn

### Forest 44, June 21, 2003

*Bulgaria rufa* hairy rubber cup

*Cantharellus cibarius* chanterelle

*Cantharellus cinnabarinus* cinnabar chanterelle

*Cantharellus lateritius* smooth chanterelle

*Coltricia cinnamomea* shiny cinnamon polypore

*Marasmius sullivanti* Sullivan's Marasmius

*Russula* sp.

*Tremellodendron pallidum* jellied false coral



### Rockwoods species list 5/17/03

*Collybia dryophila* oak-loving  
Collybia

*Coprinus quadrifidus* scaly inky cap

*Crepidotus applanatus* flat crep

*Exidia alba* white jelly fungus

*Ganoderma applanatum* artist's conk

*Hemitrichia clavata* yellow-fuzz cone  
slime

*Hygrophorus acutoconicus* witch's hat

*Marasmius androsaceus*

*Mycena leaiana* orange mycena

*Oudemansiella radicata* rooted

Oudemansiella (now *Xerula*  
*furfuracea*)

*Pluteus cervinus* fawn mushroom

*Polyporus arcularius* spring polypore

*Ramaria formosa* yellow-tipped coral

*Russula krombholzii* blackish-red

russula

*Schizophyllum commune* common

split gill

*Stereum ostrea* false turkey tail

*Xylaria polymorpha* dead man's  
fingers

### Sarcoscypha serving suggestion

According to Don Dill, *Sarcoscypha occidentalis* (stalked scarlet cup) is one of the few mushrooms that is edible raw. Needing a quick add-on for a luncheon last June, I tried soaking the *Sarcoscypha* in the brine of Picholine olives, and served them as garnish on the olives. They were tasty, and the vivid color contrasted beautifully with that of the green olives

— Charlie Raiser

# 2003 Forays & Events

- Sun. 8/10** 10AM Mushroom Identification Class at Rockwoods Reservation.  
**Sun. 9/7** 10AM Mushroom Identification Class at Rockwoods Reservation.  
**Sat. 9/13** 10AM Foray at Engelmann Woods Conservation Area. Elaine Fix.  
**9/18-9/21** MOMS Annual Fall Foray, Mingo National Wildlife Refuge  
**Sun. 10/5** 10AM Strategies for Mushroom Identification at Rockwoods  
**Sat. 10/11** 10AM Foray at Hazlett St. Park, IL. Leland von Behren  
**10/24 -26** Fri. - Sun. Foray, The Hawnting, Hawn State Park. Claudia Joyce and Shannon Stevens, coordinators  
**Sun. 10/26** 10AM Foray at Pickle Springs Natural Area near Farmington, MO

Forays and classes meet at the Visitor's Center or parking area, unless otherwise specified, 15 minutes before the indicated departure time. Bring a sack lunch so that you don't go hungry while indentifying the finds.

Mushroom Identification Classes meet at Rockwoods Reservation. All classes taught by Don Dill.

## Forays Elsewhere

- 8/29 - 9/1** NAMA Foray 2003 - Quebec  
[www.mycomontreal.qc.ca](http://www.mycomontreal.qc.ca) or [www.namyco.org](http://www.namyco.org)  
**8/21 - 8/24** Annual Telluride Mushroom Festival  
[www.shroomfestival.com](http://www.shroomfestival.com), 1-303-296-9359  
**10/2 - 10/5** Wildacres NAMA Regional Foray  
Andy Methven will be the mycologist. [www.namyco.org](http://www.namyco.org)

## The Hawnting - and Pickle Springs 10/24 - 10/26

The week-end at Hawn State Park is always a good one. Camp both Friday and Saturday at the private boy scout area if you wish (tell the guard you are with MOMS and you're in!). There will be an informal foray in Saturday at around 10:00.

On Sunday, both week-enders and day-trippers will meet at Pickle Springs for a 10:00 foray. This is an unbelievable place and is a must for all of you. Both Hawn and Pickle are off Hwy. 32 north of Farmington off of Hyw. 55 For more information, contact Shannon Stevens at 314-481-4131/[sporeprince@aol.com](mailto:sporeprince@aol.com) or Claudia Joyce at 314-968-2373/[cloud9@inlink.com](mailto:cloud9@inlink.com)



## Missouri Mycological Society

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*Sinking Creek at the Hellmuth farm*