

# earthstar

## examiner

December 2012

Newsletter of the Missouri Mycological Society



By Ken Gilberg

JULIE RIDGE

## Send in your reservations now for the 24th Annual Winter Luncheon

Sunday, January 27, 2013, Noon to 5 PM

Soulard Preservation Hall, 1921 South 9th Street, St. Louis, MO 63104

Eugenia Giobbi Bone is our very special guest this year. If you haven't read *Mycophilia: Revelations from the Weird World of Mushrooms*, you really should. Published in 2011 by Rodale Books, it was given shining reviews in the *Wall Street Journal* and *New York Times*. Read it and you will be thoroughly charmed by Eugenia's curiosity and wit.

Eugenia's background is from food royalty. As I recall from reading *Mycophilia*, Jacques Pepin catered her wedding. With her father, she wrote *Italian Family Dining: Recipes, Menus, and Memories of Meals with a Great American Food Family*. And she's written other cookbooks: *At Mesa's Edge: Cooking and Ranching in Colorado's North Fork Valley* and *Well-Preserved: Recipes and Techniques for Putting Up Small Batches of Seasonal Foods*.

This will be the third time we'll have our Winter Luncheon at the Soulard Preservation Hall. You'll enjoy the dining, socializing,

bidding in the silent auction, and playing lively mushroom games.

As always, the event will be on a Sunday afternoon. Come and enjoy our tasty potluck meal and free flowing wine. Admission price will be the same as last year. The luncheon typically is the club's most attended event of the year. Space is limited. Our special guest will likely cause a sellout well in advance, so be quick to mail the reservation form in this issue. **Absolutely no one will be admitted without a reservation.**

continued on page 2

# upcoming

## 23rd Annual Winter Luncheon

continued from page 1

### Silent auction

This was an overwhelming success last year. Renee Bomanz, our auction organizer, is counting on you to bring the dried morels, field guides, baskets, artwork, and jewelry. We'll also have donated items such as restaurant gift certificates, wine, soap and more. When the bidding closes, if you're the highest bidder for an item, you'll own what you fancy, so don't forget your checkbook or cash with which to purchase your winnings.

### Potluck

Please contribute to our traditionally extravagant potluck. Bring an appetizer, salad, entrée or dessert. On an index card, name the chef and list all

ingredients to alert people with dietary preferences. If wild mushrooms are included, be sure to identify the species. If your dish is in a crock-pot or the like, bring an extension cord. There's no cooking on site, so do not plan to prep your dish at the event. Homemade beer and wines are welcome.

For beverages, the club will provide iced tea, coffee, wine, and an assortment of some unusual soft drinks. If you must have a Diet Coke, you should bring it. Ice and water will be available. We ask you to bring your own tableware, silverware and glassware. It's sustainable and it's fun to see the mix of china. No doubt you all have a basket to carry it all in.

### Reservations

Reserve your admission by January 12, 2013, and pay \$15 for MOMS members, \$20 non-members. After the 12th, it's \$20 for members, \$25 for non-members.

You'll get an email to confirm receipt of your reservation. At the luncheon, we'll check you in as you arrive.

Volunteers will be needed to set up at 11 am. If you'd be so kind, on the reservation form, please indicate your willingness to help.

### Directions

Soulard Preservation Hall is three blocks south of the Soulard Market in the heart of the historic Soulard neighborhood. It's close to the downtown area and easily accessible from all major highways. Our Illinois members won't have far to go.

**From the East, Illinois:** Take 64/40 West and exit 7th Street, go south to Geyer Ave. Turn right (east) and go to 9th Street. Turn left (south) to 1921 S. 9th Street.

**From the West, 64/40:** Exit 38A Jefferson Ave. and go south to Lafayette Ave. Take Lafayette to S. 9th. Take S. 9th south 2.5 blocks to 1921 S. 9th.

**From the North (or West) take 70 East:** Exit 7th St. and go south on 7th St. past the Soulard Market. Turn right (east) on Geyer and continue to 9th St. Turn left (south) on 9th St. and go 1/2 block to 1921 S. 9th St. on the west side of the street.

**From the South take 55 North:** Exit 207A Russell Blvd., turn right on Russell (east) and go to S. 9th St. Turn left (north) on S. 9th St. Continue north just past Allen Ave. to 1921 S. 9th St. on the west side of the street.

### Wrap-up

A quick review: buy your ticket, bring your potluck dish and its description, your eating utensils, contributions to the silent auction, and check or cash to buy your winnings. Any questions? Send email to [kengilberg@gmail.com](mailto:kengilberg@gmail.com) or call 314-629-4686.

## RSVP Reservations required. Space is limited.

MOMS members \_\_\_\_ x \$15 \_\_\_\_

Non-members \_\_\_\_ x \$20 \_\_\_\_

**Add \$5 each if past January 12**

\_\_\_\_ I'll help set up at 11 AM

\_\_\_\_ I can help during the event 12-5

\_\_\_\_ I'll help clean up when it's over

\_\_\_\_ I will donate an item for the silent auction. (Great! Just bring it with you.)

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Names of other attendees

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Make checks payable to **Missouri Mycological Society**. Send this form to:

Renee Bomanz

1700 Whispering Creek Drive #C

Ballwin, MO 63021

*You will be notified of the receipt of your payment by email.*

# Ethics and Core Values of Sustainable Foraging

By James Savens

Hello out there to all my fellow mycophiles. As the cold, blustery wind whistles down on us from the north, it signals the end of our mushroom season and sends us for the comfort of our favorite old sweaters. In this season of giving thanks, I find myself contemplating my beliefs and core values as they pertain to my reaping of nature's bounty, particularly its impact on the resources foraged (mushrooms) as well as their ecosystems. In an attempt to clarify some of these values for myself, I've started to put them on paper, and the following was the result. So as wintry weather propels us toward our dens and firesides, I would like to invite all of you, my friends, to read my list, and as time allows, consider your own.

## **Ethics - Moral principles that govern a person or groups behavior.**

To begin with, I believe in foraging only that which I am willing to eat, study or make art with for my own personal use. In other words, if I'm not going to use it responsibly for myself, I respect it by leaving it undisturbed. There are numerous reasons for my belief in this, but chief among them is "waste not want not," and an extension of the Golden Rule. By not harvesting mushrooms that are undesirable or unusable due to condition, species, or ability to use, I help to ensure the continuation of the species into the future as well as the health of the habitat that make my passion possible. Additionally, by applying a sense of empathy to the land in a manner similar to the philosophy of the Golden Rule, I experience a sense of satisfaction by being a responsible steward of nature's creation. By ensuring care for the land, I become part of a reciprocal relationship of which increased bounty is a product.

## ANNUAL MEETING

# All invited—please come!

MOMS Annual Board Meeting will be held at Powder Valley Nature Center on January 8 at 6 PM.

The Annual Board Meeting is a time for all members to come and see how MOMS works. We will be discussing committees, events, forays, purchases, research, education, and many other things. Remember, we need YOU. If you want to observe, that's good. If you want to participate, that's better. If you want to volunteer, that's best. It's all up to you, but please do come.

We will be electing board members at this very important meeting. Chris Crabtree, Steve Booker and Maxine Stone have each fulfilled their terms. Chris has been instrumental in maintaining our library and for working as Chair of our Scholarship Committee. He has agreed to continue with both of these important jobs. For the past six years, Steve has been our Foray Chair and is stepping down from this position. Maxine Stone, Education Chair, is able and willing to run for another three-year term. These exceptional people have made significant contributions of time and energy to ensure the quality of MOMS.

MOMS president Jane House is leaving the board after leading the organization for two years. She has dedicated much of her life to ensure a smooth running organization during her tenure. We will be electing someone to fulfill her remaining two-year board term.

We will be electing three people for a three-year term on the board, plus 1 person for a two-year term:

- Former board member and Chair of the Research Committee, Brad Bomanz, has been nominated to fill one board position.
- Stan Hudson, an avid mushroom hunter from Columbia, MO is also nominated to fill a board position
- Former president and board member, Maxine Stone, will be running for a second three-year term.

If you would like to nominate someone to fulfill the open two-year term, please contact Jane House at [janehouse3@gmail.com](mailto:janehouse3@gmail.com).

See you on January 8th at 6:00 PM

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## Scholarship

By Chris Crabtree

Attention college students, professors, or family and friends of a student, we are giving away FREE MONEY! Well almost free, but now that I have your attention, I would like to tell you about the MOMS scholarship opportunity. MOMS created a scholarship program a few years ago to assist college students who are pursuing a degree in mycology, fungal ecology, or a similar fungus/mushroom-based course of study. This \$1,000 scholarship is awarded to one lucky applicant each year and we are looking forward to our next round of interested applicants. Students must be a junior or senior in college or working on their graduate degree and attending a university in Missouri or a state bordering Missouri to be eligible. Applications for the 2013-2014 school year must be submitted by June 1, 2013. For more information, check out the scholarship page under the "Information" tab on the MOMS website. If you have further questions, please contact Christopher Crabtree at [ccrabtree@momyco.org](mailto:ccrabtree@momyco.org).



by Charles Tompkins

# Something for Everyone at Mingo

After a long summer of scorching heat and widespread drought, we finally got some relief just in time for Mingo, and that meant mushrooms galore. It was as if the shrooms had some catching up to do!

I arrived after dark Friday night, but still had a chance to sample some of the delicious dishes from the potluck. As usual, it was a great turnout and festive atmosphere. We even had a couple members of the staff from the Wildlife Refuge join us for the first time in many years (Peter Rea and the Assistant Refuge Manager Lindsey Landowski). And when I stepped out of my tent the next morning, I stumbled over a patch of red rusulas to find mushrooms everywhere. I knew early on this was going to be a great year.

The dining hall was packed with table after table of specimens on Saturday night, a testament to the abundant finds. All in all, we found about 110 species. Most notably among those were *macowanites americana* (documented by MOMS only once, found at Mingo in 1993), *globifomes graveolens* (documented

by MOMS only once previously found at Mingo in 2007), and a blue as blue can get *Mycena* (noted as *M. subcearulea*, we think anyway, still a pretty neat find.)

However, some of the best activities were only peripherally related to mushrooms, like the snake hunt at the lookout point in Mingo National Reserve, lead by Willy May. The cottonmouths were making



PATRICK HARVEY

their way uphill to their homes for the winter, and we instantly found around a dozen, one of which was about four feet long and way too big around.

But that's not all! School was in session. Friday night featured a presentation by Joe McFarland about "Fungi and the Quest for Fire", and Dr. Andy Methven from Eastern Illinois University spoke Saturday night about "Sharing the Same Name, North American and European Species of *Lactarius*." And Maxine Stone did a fantastic job as usual with her mycophagy class, so we had a great meal to finish out the weekend.

Big thanks to Rachael Slightom for organizing this amazing weekend, as well as the rest of the volunteers who worked so hard to make it all possible. Whether you were learning in the classroom or hiking in the woods, sleeping in a tent or in a cabin, hanging by the campfire or relaxing inside, there truly was something for everyone this year at Mingo. Have a great winter and we will see you at the luncheon!

# Mid-Mo Foray

By Calvin Herl and Stan Hudson

The Columbia Chapter of MOMS held its second Edible Mushrooms Class on October 13th which included a foray and a pot luck lunch. The class, taught by our own Maxine Stone, was well attended by 15 people. A very nice display of area mushrooms were brought in for the attendees of the class. Included were a few hens and several other species that were taught or mentioned as look-alikes in the class.

After class the group went to Rock Bridge State Park for a pot luck lunch which included several wonderful mushroom and other gourmet dishes. Maxine's candy cap cookies seemed to be one of the favorites. The candy cap (*lactarius rubidus*) mushroom is not found locally but has a wonderful maple flavor to it, making it a great ingredient for cookies.

The highlight of the day was the foray, after a summer of drought and very little time to foray with friends. The group broke up into two different directions. Stan Hudson lead one group to high

ground while Calvin Herl took the other to low ground. The two groups combined found 27 different species, including some nice edibles, such as the oyster mushrooms, some prime puffballs, and a few good hens. These were divided up among some of the attendees who wanted to try them out.

The rain came but subsided just in time for a special night mushroom hike.



MOMS was able to obtain a special use permit to allow us into the park in the dark after it closed. The goal was to see if we could witness the bioluminescent properties (or glow) from jack-o-lantern mushrooms. The timing should have been good because of an approaching new moon, however the low cloud cover trapped the light in from town not allowing for a dark enough viewing environment.

The trails were wet so we kept our flashlights on for safety, but the seven hardy souls who showed up enjoyed a show of mushrooms. The flashlight helped illuminate the lighter colored mushrooms and logs came to life with white and yellow fireworks of slime molds. Looking for mushrooms at night did have its advantages, as the group was able to sneak up on some nesting chickens and a hen that had eluded them earlier in the day. Everyone got back to the car just as the sky began to light up with nature's true fireworks topping off the wonderful day.

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## Mushroom Identification Classes

By Maxine Stone

Have you ever walked in the woods and seen a group of beautiful white mushrooms? You thought they looked pretty delectable but you just didn't think you should pick them and eat them, as well, you didn't know if they were edible or not edible or worse yet—poisonous. You aren't alone. Most of us got started with this passion we call "mushroom-hunting" in the same way. The curiosity is there, but sometimes the knowledge is not. We are offering classes on mushroom identification for you, MOMS members, so that you can gain a greater confidence in your fungi facts.

MOMS offers four classes a year. The schedule for 2012 is:

- Saturday, March 30 Poisonous Mushrooms of Missouri
- Saturday, June 1 Common Mushrooms of Missouri, Part 1
- Saturday, August 3 Common Mushrooms of Missouri, Part 2
- Saturday, October 5 Edible Mushrooms of Missouri

Each class offers classroom as well as field experience. Also as an option, there is take home study work for you to complete in your own time. Classes offer a wealth of knowledge in a friendly and easy-going style. After your "homework" is completed and returned to the instructor, you will then be tested on the classroom experience. For each class attended, homework approved, and test taken, you will receive a beautiful pin award. It is not necessary to complete all four classes, but for those who do, you will be awarded the Harry Thiers Certificate for Mushroom Proficiency. You will also walk away with a lot more knowledge about fungi.

Don't let the classroom, homework and test information scare you off. No grades are given and you do as much or as little as you wish. You can even come to every class, every year, and never do homework or a test. Actually, many people do that and their input is greatly appreciated. For more information or to sign up, please contact Maxine Stone at [VeryMaxine@aol.com](mailto:VeryMaxine@aol.com) or 314-963-0280 or Brad Bomanz, [bbomanz@momyco.org](mailto:bbomanz@momyco.org), (636) 225-0555.

# Culinary Corner

## Pickled “Hens” – Italian Style

by *Steve Booker*

8 cups hen of the woods (*grifola frondosa*) cleaned and separated  
¼ cup fresh lemon juice  
1 onion  
2 green peppers  
1 red pepper  
1 yellow pepper  
6 cloves garlic, chopped or whole  
6 anchovy fillets, mashed or crumbled  
6 cups water  
2 cups vinegar  
1 ½ cups sugar

Place hen pieces in pot and cover with water. Add lemon juice. Bring to a boil and simmer for about 10 minutes. Rinse in cool water and set aside.

Cut onion and peppers into bite sized pieces. Add garlic and anchovies. Put everything, including mushrooms, into a large pot and add water, vinegar and sugar. Bring to a boil and simmer for 10 minutes. Remove from heat and cool. Put into jars and refrigerate for a week or so before eating.

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## Incurable Epicureans

By *Linda Rolby*

The Incurable Epicureans are a culinary group of MOMS members who love to cook and to eat. There are usually four dinners a year. Each dinner has a themed menu that explores various regions of the world, culinary époques, or anything else that sounds intriguing.

In the spring the group enjoyed “Easter In Greece”, and the summer dinner embraced “The Soul of Africa” with a menu that did its best to cover the entire continent. The final event of the year honored the “Feast for The Day of the Dead”. This holiday is celebrated each year in South and Central America to pay homage to all lost loved ones.

The 2013 schedule is still in the making with the first event scheduled for April 14 at Camp Wyman in Eureka. The menu will celebrate springtime uniquely with recipes from the China Moon restaurant in San Francisco. And later in the year, IE is planning a “Thai Summer Picnic” as well as a “Winter Taste of Croatia”.

Most dinners are hosted in member’s homes, so the club is limited to the first 35 members that sign up. Dues are \$15 per person payable by the first of each year. The Incurable Epicureans group is open to all MOMS members. Prior to each dinner a menu is e-mailed and every member who plans to attend signs up to bring a dish.

Please send a check made out to The Incurable Epicureans to:

Linda Rolby  
10533 East Watson Rd.  
St. Louis, Mo 63127

## “Daydream”

adapted from the John Sebastian song

by *Dave Wasilewski*

foraging in a daydream

foraging in the woods in my mind

the blacks are up in my daydream

yeah there’s plenty *morchella* to find

and even if time of year just ain’t quite right

inside my mind I can still see the sight

there’s twenty or thirty scattered all around

and still a lot more waiting to be found

foraging in a sweet dream

I was dreamin’ when I woke up before

these little things that the rain brings

always dreamin’ ‘bout picking some more

and even if time is passin’ by slow as a turtle

my imagination is always quite fertile’

I can go walkin’ through the woods

in my mind

my personal patches will have something  
to find

*whistle*

and even when snow’s flying all around

there’s still a place where morels can be  
found

and it’s oh so easy for me to go there

just need to lay back in my old easy chair

foraging in a daydream

perfect way to spend a cold snowy day

and now I’m lost in a daydream

think I’ll dream the winter away

*whistle*

# Please renew your membership

by John Davis

It's time to send your dues in for another great year of MOMS. See the form with this article. Money is an issue with most of us these days; but as far as values go, this organization is a rare boon.

So what exactly do you get? Let's start with the website. While the cost of the website is low, it's an example of how well your money is spent. One feature on the website which I find useful is the weekly-precipitation link. A focal point for most people, though, is undoubtedly our richly-textured calendar of events. There are many free forays throughout the year, as well as classes, mostly on Saturday and Sunday. For the evening person, there are bi-monthly meetings where you can hear interesting speakers. For the gastronome and oenophile, there is the Winter Luncheon and IE. If a weekend adventure sounds good, consider Morel Madness in the spring or one of the other large productions. Your dues keep this growing range of experiences affordable.

We now have regional chapters at Columbia (Mid-MO) and Springfield. If you want to be on their e-mail list for events near you, check the appropriate box on the form.

Recently, MOMS disbursed its first college scholarship check to a mycology student. It wouldn't have been possible without your dues and the incredible people of MOMS. Whether you are looking to volunteer, learn, or just have fun, you won't find a better value!

## Missouri Mycological Society and NAMA 2013 Membership Form

All memberships end on December 31.

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

E-Mail (only one please) \_\_\_\_\_

### Missouri Mycological Society family membership:

1 year/\$15 \$ \_\_\_\_\_

\_\_\_\_new member \_\_\_\_\_Springfield Chapter

\_\_\_\_renewing without changes \_\_\_\_\_Mid-MO Chapter

\_\_\_\_renewing with changes

Make your check payable to Missouri Mycological Society.

### North American Mycological Association Membership:

NAMA dues are due concurrently with MOMS dues. To keep your NAMA membership current or to become a NAMA member, send an additional check for \$32 made out to NAMA (This reflects a \$3 discount from the \$35 regular membership).

NAMA Affiliated Club Members: 1 year/\$32 \$ \_\_\_\_\_

### Send both checks to:

**John Davis, 777 Juanita Ave, St. Louis, MO 63122**

## 2013 Calendar Preview

MOMS members will need to notify the leader of the foray they wish to attend before the evening prior to the foray at the very latest. Please meet at the Visitor's Center, unless otherwise specified, 15 minutes prior to the time listed.

**Sun 1/27** Annual Winter Luncheon, NOON to 5 PM, Souland Preservation Hall, Ken Gilberg, kengilberg@gmail.com, 314-629-4686

**Tues 1/27** Annual Meeting, Powder Valley Nature Center

**Wed 3/6** Field Trip, Dunn-Palmer Herbarium (where we store our vouchers), 9:00 AM, Columbia, MO Brad Bomanz, bbomanz@momyco.org, (636) 225-0555

**Sat 3/30** Class, **Poisonous Mushrooms of Missouri**, 10 AM, Babler State Park, Maxine Stone, VeryMaxine@aol.com, 314-963-0280 or Brad Bomanz, bbomanz@momyco.org, 636-225-0555

**4/19-4/21** Morel Madness, Cuivre River State Park, Rene & George Sackett, renewhatsup@yahoo.com, 636-220-6008

**Sat. 6/1** Class, **Common Mushrooms of Missouri Part 1**, 10 AM, Babler State Park, Maxine Stone, VeryMaxine@aol.com, 314-963-0280 or Brad Bomanz, bbomanz@momyco.org, 636-225-0555

**7/19-7/21** Sweat 'N' Chanterelles, Meramec State Park, Cici Tompkins, ctompkins@momyco.org, 303-775-7084

**Sat 8/3** Class, **Common Mushrooms of Missouri Part 2**, 10 AM, Babler State Park, Maxine Stone at VeryMaxine@aol.com, 314-963-0280 or Brad Bomanz, bbomanz@momyco.org, 636-225-0555

**9/26-9/29** MINGO Save the Date

**Sat 10/5** Class, **Edible Mushrooms of Missouri**, 10 AM, Babler State Park, Maxine Stone, VeryMaxine@aol.com, 314-963-0280

# earthstar



Missouri Mycological Society

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Chesterfield, MO 63017

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

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All memberships expire Dec 31, 2012

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Brad Bomanz, Research  
Ken Gilberg, Toxicology  
Maxine Stone, Speaking Engagements

#### Communications:

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Earthstar Editor: Cici Tompkins  
Earthstar Designer: Julie Ridge

## PayPal HAS COME TO MOMS !!!

MOMS is now starting to use PayPal for new member sign up or existing membership renewal. Go to our MOMYCO.ORG website, and for those wanting to join MOMS for the first time, just click on the "Become a New Member" link in the upper right corner and follow the instructions to pay with PayPal. You don't even need an account with PayPal to use their payment services.

If you are an existing member and are renewing your membership, first you will need to login to the MOMS website. Once you are logged on, you then just click on the "Account Settings" link in the upper right corner and follow the instructions. As I said above, you don't even need an account with PayPal to use their payment services.

Also, MOMS is currently working on a PayPal payment option that will allow MOMS members to make registration choices before authorizing their final payment through PayPal for the Winter Luncheon. This option is still in the developmental stage and may or may not be up and running in time to register for the Winter Luncheon. So check back! — *by Brad Bomanz*

## eScrip Community Card!

Pick up an eScrip community card at your local Schnuck's and up to 3% of your purchases will go to MOMS. Just ask at customer service for a card, and when you activate your card, designate us as your chosen organization and then swipe every time you shop! Don't forget, MOMS isn't just about mushroom hunting and great potlucks, we also do important research and provide scholarships. Your money is going to a great cause! — *by Cici Tompkins*