



# EARTHSTAR

E X A M I N E R

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The Missouri Mycological Society Newsletter

## Fall Campout Update

Columbus Day weekend, October 12 and 13 will be weekend of the MMS Fall Campout this year. Participants are urged to drive down on Friday evening, Oct. 11, so that we may utilize the whole of Saturday for collecting and exploring. We will depart the Toll's Sunday.

Marty and Jack Toll have welcomed the group back to their personal paradise in Mountain View, Missouri, overlooking the Jack's Fork River. Larry and Carol Hazelip are organizing the event in St. Louis and will coordinate with the Tolls. *Non-refundable registration fee for the campout is \$25.00, due by October 1 and should be mailed to the Hazelips at 6037 Pernod, St. Louis, MO 63139.*

Meals included in the registration will be a snack on Friday night, Saturday breakfast, lunch and dinner and Sunday breakfast. (B.Y.O.B.) Jack promises to smoke turkey for Saturday's dinner and is a *fumé* master. We will cook up edibles as found.

A variety of accommodations at the Tolls is available including: tent and camper sites and a rustic cabin mini-dorm (bring your own bedding) or motels and inns close by. For further information, you may contact the Tolls at 417 934-6497 or the Hazelips at 314 352-6105. Please bring lawn chairs- there are a limited number of stumps. Another thing to think about is car pooling because parking is a problem because of the predominance of trees over asphalt.

Professional mycologist Dr. Walter Sundberg has cleared his schedule to come and may also bring a graduate Ph.D. student working on *Pluteus*. Dr. Sundberg plans to bring books for people who wish to purchase them: Mushrooms and Other Fungi of the Land Between the Lakes by Sundberg and Richardson (\$3.25 tax incl.), Mushrooms--A Quick Reference Guide to Mushrooms of North America by Bessette and Sundberg (\$11.50 tax incl.) and Nancy Smith-Weber's new book on morels (14.25 tax incl.).

Rumor has it that Jay Justice, editor of the NAMA Newsletter and active member of the Arkansas Mycological Society plans to attend the Campout. Welcome, Jay!

Directions to the Toll's from St. Louis: Take 44 to Rolla, 63 south to Licking, left on 137 through Raymondville and Yukon and eventually left on Highway Y. Its 10.7 miles to County Road 4680. There should be signs from this point on but if they're gone: Turn left on 4680 and go 1.3 miles, make a sharp right and go .8 mile and turn left; go 1.1 mile and the Toll's driveway is on the right.

## FORAYS & EVENTS

Please note that foray times differ, such as with the weeknight expedition offered below. Also, dates for the Campout were off by a day in the last issue.

*Please be on time to forays.*

**Sunday August 11, 9:00 a.m.-** Forest 44 foray. Hwy 44 to 141, west on Meramec Station Rd. to Hillsboro, turn left, its on the right just past Kraus Stables. Meet at the parking lot.. Foray leader: Don Dill

**Saturday, September 7, 10 a.m. -** Foray at Engelmann Woods Conservation Area. Highway 100 (Manchester past Clarkson) to Highway T just west of St. Albans. Foray leader: Ken Gilberg

**Monday, September 23, 6:00 p.m.-** A suburban St. Louis foray in early evening at Emmenegger Park. Take Geyer road south of Manchester, west on Craigwold Rd., across 270 to park entrance, meet there. Also, if time allows, a hunt in a nearby cemetery. Foray leader: Barbara O'Brien

**September 5-8 -** 17th Annual A. H. Smith Lakes States Foray in Tomahawk, WI. For more information write (soon) Dr. Alen Parker, U.W. Waukeska, 1500 University Dr., Waukeska, WI 53188

**August 15-18 -** NAMA Foray in Lake Placid, N.Y.

**October 12-13 -** Missouri Fall Campout at the Toll's in Mountain View

If you're coming from parts south, turn North at the Walmart Store in Mountain View on Y. Go 5 miles to 4680 and then follow above directions.

## Foray Coordinator

Don Dill was asked and he graciously accepted the position of Foray Coordinator. He jumped right on it and sent all members an announcement of his intentions to organize a variety of leaders and new places to hunt.

## Arboretum Foray

Sunday, June 2, we had an excellent turnout and terrific wet spring finds at the Shaw Arboretum in Gray Summit. Thanks to Lydia Toth for arranging our visit there. The Arboretum does not usually allow picking but made an

exception for us this time. A projector was overlooked so we missed Don Dill's slides. Another time, please Don?

The catch of the day: *Agaricus placomyces*, *Amanita vaginata*, *Auricularia aurea*, *Boletus bicolor*, *Bulgaria rufa*, *Tremellodendron pallidum*, *Cantharellus minor*, *Cantharellus lateritus*, *Cantharellus cinabarinus*, *Hygrophorus conicus*, *Laccaria ochropurpurea*, *Lactarius volemus*, *Laetiporus sulphureus*, *Oudemansiella radicans* (Hey Roger Phillips, what's this *Xerula* stuff?- to Leland it's still *Collybia*), *Peziza succosa*, *Russula virescens*, *Sarcoscypha coccinea*, *Sarcoscypha occidentalis*, and the "old man of the woods"- Mr. *Strobilomyces flacopus*.

## Personal Picking Provisions

Last year we were told that after January 1, 1991, no mushrooms could be picked in Rockwoods Reservations. Mushrooms had gotten lumped together with beings from another kingdom, namely the green plants and their fruits. Now the word is that its OK to collect mushrooms there.

We asked for a definitive answer from the Missouri Department of Conservation (as opposed to the Department of Natural Resources which controls the state parks). They replied:

"Mushroom collecting is covered under Chap. 4 of the General Provisions of the Wildlife Code. ... (Which) states that 'nuts, berries, fruits, edible wild greens and mushrooms may be taken only for personal consumption, except as further restricted in this rule.'

1. On Conservation Commission Headquarters, Powder Valley Natural History Area and Springfield Nature Center, taking of nuts, berries, fruits, edible wild greens and mushrooms is prohibited.

2. On Burr Oak Woods and Rockwoods Reservation, taking of nuts, berries, fruits, and edible wild greens is prohibited.

3. On all natural areas, taking of edible greens is prohibited.

The taking of mushrooms for personal consumption is not prohibited on any other Department lands. There are no seasons or limits for mushroom collecting other than the stipulation that they be collected for personal consumption."

*Next issue* : State Parks, Natural Areas and natural areas.

## Sherwood Forest Mushrooms

Mushroomers may delight to see the inclusion of *Laetiporus sulphureus* growing on a huge felled tree on which perches Kevin Costner in *Robin Hood, Prince of Thieves*. It is the greatest thing in mycokinematography since *The Bear ate Amanita muscaria*.

## Survey Response

Thanks to all of you who took the time to answer the survey included in the last *Earthstar*. Thank you especially those who volunteered to help with some of the MMS

*Mushroom gathering,  
Today let's go on all we fall over  
The roots of the trees.*  
-Kaso

from David Arora's *All That the Rain Promises and More...*

activities. Those of you who have not responded to the survey- it is not too late.

Many tidbits of Missouri and Southern Illinois mushroom information were gleaned from the responses which the editors will share in future newsletters.

The morel ran away with the title of favorite mushroom. The question is - who would be runner-up? The accuracy of the mushroom popularity contest was questioned because neither the venerable meadow mushroom nor the chicken of the woods were on the checklist and had to be write-in candidates. Our professional statistician, secretary and founder, Phil Roos, is plugging the data into his programs. Results will follow.

Total number of morels gathered this year from 24 responses: 3 gallons plus approximately 770.

Some of the common names for mushrooms:

Morel: sponge, white ones, brain fungus, Xmas tree mushrooms

Meadow mushroom: pink bottom, silver top, pink lady

Oyster mushroom: willow mushroom, elephant ears

Chanterelle: eierchwamm (German) rehere, honey mushroom,

Coral mushrooms: fall mushrooms

*Gyromitra*: beefsteak, red, big red

*Grifola frondosus*: pig's ears, sheep's head, coreens (Italian)

Honey mushrooms: frosties, stump mushrooms

*Verpa bohemica*: peckerheads

?: jelly ears

See why scientific nomenclature is necessary? Can you picture a bunch of gray-bearded mycologists discussing the asci and hymenium of peckerheads? Actually, the Latin name may translate to the same, but at least they maintain their dignity.

## Early Summer Forays

A lot of mushroom lore was exchanged, wild plants identified and there were pleasant walks in the woods.

Everyone got something out of their trips around Missouri.

Due to the lack of rain and the summer season, species lists were quite short for Leland's Pere Marquette Foray, Don's trip to Forest 44, Ron Dollarhite's rendezvous near Springfield and Phil's outing in the Jeff City-Columbia area.

An impromptu foray at Babler was held on July 27, called by telephone on account of the flush of chanterelles. If you weren't called, sorry, but that's why we're scheduling forays ahead of time.

Fall is approaching and, with it, "all that the rain promises and more."

## Rare Mushroom Common?

Ken Gilberg reported finding an abundance of what he identified as definitely an *Albatrellus* species, probably *albisii*, in abundance in woods nearby his home in Glencoe, Mo. The mushroom is a stalked polypore and a good comestible. Of the few books that had the mushroom in them, Audubon, Phillips, and *Mushroom Demystified*, (not in Miller, Huffman, Bessette/Sundberg, or the Peterson Guide), Audubon said nothing about edibility, Phillips said that it is said to be edible if well cooked, and Aurora wrote "edible, with a mild flavor and pleasantly chewy texture. Care must be taken to simmer it slowly and thoroughly or it will toughen."

It goes to show you that a well rounded library of guides is essential and why *Mushrooms Demystified* was voted the best field guide so far by *Mushroom Magazine*.

## Big Red T-Shirts

Get them while they last!

Our second of a series of MMS T-shirts features Don Dill's drawing of that most mysterious of Missouri mushrooms, *Gyromitra caroliniana*, known in these here parts as Big Red.

They will be sold at the NAMA foray in New York for mycologists who appreciate a fun shirt with a little local color. If you want one of these 100% cotton, short-sleeved shirts send \$10.00 plus \$2.00 postage to Ken Gilberg. Don't forget to specify small, medium, large or extra-large.

## African Mushroom Culture

Laura Lee Georgi, MMS member who used to live in Columbia has recently moved to work with the Cooperative Agricultural Research Program at Tennessee State University. She sent the *Earthstar* this article from the Food and Agriculture Organization of the United Nations entitled "An African industry that could mushroom - Native species in Zaire and elsewhere could be cultivated as a cash crop."

From the article: "Despite its location on the Equator, Zaire is well forested and endowed with unexploited fauna and flora, including mushrooms. Harvested locally in season, they are not being cultivated because the most easily

The *Earthstar Examiner* welcomes submissions of drawings, photos, written or found articles appealing to our readers.

cultivable species simply have not been identified."

"Yet cultivation for production of food would reduce Zairian consumers dependence on the insufficient seasonal harvest. ...Jobs could be created, and foreign exchange that now goes to import tinned mushrooms Zaire cannot produce itself would be saved. The same is true of other African nations."

"In Zaire the search for cultivable mushrooms has just started. Some species are already cultivated by certain rural tribes in the country. For example, the Imbongo harvest the reproductive organs of *Lentinus tuber-regium* Fr. (known locally as epfin) from the fields and bury them near their huts, watering them regularly until the appearance of the carpophores (fruiting bodies) appear. With its average annual temperature around 25°C and its 100-200 cm of annual rainfall, Zaire is rich in mushroom species. Local inhabitants like to eat the fresh mushrooms of about 30 different species, which they have no trouble identifying. ...the genera most often eaten are *Cantharellus*, *Amanita*, *Termitomyces*, *Lactarius*, *Russula* and *Schizophyllum*. ...Women do most of the harvesting and the produce is sold in the big markets and at the roadside."

"A good part of the mushrooms are sundried or smoked for use during the cold, dry season. The large, up to 80 cm diameter *Termitomyces* - a species that grows on termite mounds - are dried directly on screens placed over a wood fire."

"Once cataloguing and trials are finished, promising species can be promoted in both rural and urban areas. Considering the experiences of other countries and the properties of mushroom cultivation in general, there is every reason to believe that these unsung delicacies of Zaire will fulfill their potential both as foods and as sources of income. Who knows where sautéed Zairian mushrooms *à la Lambusha* could someday turn up on the menu."

The *Earthstar* has much abridged the original article which also spoke of nutritional values of mushrooms, especially as a source of protein, vitamins and lipid compounds, and the economics of cultivation.

## The Happy Hunter

by Robin Faszold and Ken Gilberg





## Culinary Corner

Dr. Walter Sundberg, MMS member, guest mycologist at the upcoming Fall Campout, and professional mycologist (and an amateur in the true sense of the word, a lover of his subject) sent in this recipe. He writes that he got it from one of his students and that the beer adds a tangy flavor to the mushroom.

### Chicken of the Woods in Beer Batter

- 1 1/3 cup flour
- 1 tsp salt
- 1/4 tsp pepper
- 2 egg yolks
- 1 T butter or cooking oil
- 3/4 cup flat beer (beer can be made flat quickly by beating or stirring with a spoon)

Clean, wash, and blot-dry fresh Chicken of the woods. Dip in beer batter\* and fry in small amount of oil or butter in a hot pan. Cook to desired texture just as frying chicken.

#### Beer Batter:

Add beer to egg yolk. Then add oil. Add to flour and stir until smooth in texture. Egg whites may be beaten and added to the flour just prior to use.

\*Alternatively the Chicken of the Woods can be dipped in egg white and cracker crumbs a la fried chicken prior to cooking.

Send your favorite recipes to the *Earthstar!*

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drawing of *Coprinus atramentarius* by Don Dill